

## Mental Imagery Worksheet 2 – Activity for Athletes

### Imagery can help you to...

- ✓ Learn and execute skills and strategies
- ✓ Be more confident!
- ✓ Psych yourself up!
- ✓ Relax!
- ✓ Focus.
- ✓ Deal with distractions.
- ✓ Be more consistent.
- ✓ Stay motivated.
- ✓ Be mentally tough.
- ✓ Stay positive!
- ✓ Reach your goals.
- ✓ Recover from an injury

### To maximize its effectiveness, use imagery...

- ✓ **In training:** imagine skills & strategies before you execute them.
- ✓ **At home:** use imagery to simulate training and race conditions. Use it as extra practice time to perfect skills, build confidence, etc.
- ✓ **In races:** Before, during, after a race, imagine the event, critical situations and how you will handle them.
- ✓ **In recovery:** use imagery to imagine your body recovering/healing, feeling rested and energized. Use it as a strategy to help you relax and sleep the day before a big race or as a way to help you heal from injury.

### Imagery Exercise:

To help you practice your imagery skills, try imaging the following situations/skills. For each one, try to incorporate all of your senses (i.e., sight, sound, taste, touch, feel) and make it as accurate as you can. It may be challenging at first, but with practice you will gain control over your images. Gradually increase the time you spend using focused imagery – start with 5 minutes/day and build up to your ideal time for your sport and the situations you want to imagine (e.g., length of time to complete skills, specific courses, race conditions).

1. Imagine your training and race locations.
  - ✓ Specific venues, spectators, course features.
2. Imagine your warm-up.
  - ✓ Physical warm-up, mental warm-up, specific drills/skills, thoughts, and feelings.
3. Imagine basic skills (E.g., pacing, prepping skis, turning, climbing, descents).
4. Imagine specific strategies and race situations.
  - ✓ Staying calm under pressure, mass start, time trials, race plans.
5. Imagine success.
  - ✓ Reaching a goal, winning a race, personal best time, cheering crowd/teammates, overcoming a difficult situation, handling nerves, being relaxed, etc.

6. Imagine recovery.

- ✓ Feeling rested, muscles healing, being strong and ready to train/play.