

Visualization Exercise

Visualization is a mental training technique where athletes imagine successful performance before competition.

Step 1 — Get Ready

Find a quiet place and take **3 slow breaths**.

Step 2 — Picture the Environment

Imagine:

- the field / arena / court
- the sounds around you
- how your body feels

Write what you see:

Step 3 — Visualize Success

Imagine yourself performing your skills confidently.

What does success look like?

Step 4 — Repeat Your Cue Word

My focus cue word:

Examples: calm, strong, focus, smooth

