

SKILL #5

Imagery.

Pay attention to what you imagine; the movies running in your head impact your thoughts, feelings, and body. Left unchecked under pressure, your imagination can drain you and leave you fearful of the future. If used productively, however, imagery can enhance your resilience, energy, and confidence.



Your imagination can be a powerful ally or a formidable foe. Use it wisely.

NOTICE YOUR IMAGERY

PERFORMANCE

- Can you see yourself performing perfectly?
- Are there 'gaps in the film' of your performance?



ALIGN IT WITH WHAT YOU WANT

- Are you 'rehearsing' how to go through this stressful time?
- Can you see yourself doing that today? Tomorrow?

INNER STATE

- What images are you running about your current situation?
- Are they helpful?



- What images embody how you want to be (i.e. focused, confident, etc.)?
- How will you remember to call them to mind?

MOTIVATION

- What images are you running about the future?
- Are they motivating?



- What will success look like?
- Is there something you need to let go of or overcome?

PROBLEM SOLVING

- What problems are you envisioning arising?



- Can you imagine yourself handling, solving or preempting the issues?

Scenario Performing – Your Internal Advisory Board

Use imagery to gain access to skills or qualities that will help you perform.

STEP 1: IDENTIFY THE SKILL OR QUALITY YOU NEED FOR THE SITUATION.

- Do you need to be a great listener? Inspiring? Compassionate?
- Take time to think through what you need to succeed

STEP 2: IMAGINE SOMEONE WHO EMBODIES THAT SKILL OR QUALITY.

- Someone you know (Mom, partner, etc.)
- An Inspirational figure (Martin Luther King, Mother Teresa, etc.)
- A fictional character (Wonder Woman, Harry Potter, etc.)

STEP 3: IDENTIFY 1 OR 2 BEHAVIOURS THAT YOU WILL EMULATE.

- What would they do?
- What would they say?
- How would they act?
- What will you borrow?