



SILVER ATHLETE MENTAL TRAINING PROGRAM

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Advance Visualization Practical Assignment

A] PLANNING YOUR VISUALIZATION

Q – Plan a Visualization Exercise for 5 Minutes. Use the following questions to guide your Visualization.

1. Write down what aspect of your performance will you visualize?

Example – Performing skills like serving, shooting, passing, dribbling etc. during a practice session or match.

Example – Preparing for your practice session or match day by getting ready and travelling to the arena.

Answer: _____

2. Write down the different senses that can take place in your visualization

- a. What are the things you will be able to see?
- b. What are the things you will be able to hear?
- c. What will you be able to touch and feel with your body?
- d. What will you be able to smell?
- e. What will you be able to taste?

Answer: _____

3. How do you want your Visualization to end?

Example – Scoring the point, cheering with friends, happy to learn a new skill, celebrating with team or coach, any other **positive emotion** of gratitude, excitement, joy, contentment

Answer: _____



SILVER ATHLETE MENTAL TRAINING PROGRAM

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Tips:

- a. Make sure your mind is calm and focused as you begin.
- b. Before starting to Visualize, plan what you would like to Visualize and how you would like it to end.
- c. Use Emotions throughout – about how you feel at each moment.
- d. Ask yourself questions like – Where I am right now, What is happening, Who is around me, what is going to happen next, how am I reacting?
- e. Make sure you are in a quiet place and have enough time to practice Visualization. Set a timer on your phone if you want for the duration you want to sit.

B] REFLECTING ON YOUR VISUALIZATION

Answer the following questions below once your Visualization Exercise is completed.

Q1. How was your overall experience?

Q2. Were you able to Visualize everything that you set your focus on?

Q3. What problems did you face while trying to Visualize?

Q4. Which Rules of Visualization did you use? Eg. Non-Negative, Multi-sensory, Specific

Q5. What would you like to do differently in your next Visualization?

Answers: _____