Imagery Exercise

This is an exercise designed to help you begin to integrate your senses into your imagery. As you create each of the following images in your mind, rate your ability to do so based on this scale:

0 = No Image 1 = Some Image 3 = Clear Image

The sound of your alarm clock

The way you feel at the end of your sport performance

The place you experienced your last sport performance

Jumping into a cold pool

The roaring approval of a crowd

The room you are currently in

Tasting a juicy lemon

You may notice as you review your scores, that certain senses produce clearer images than others. This may provide direction for more practice. Create your own images to test those senses you have the most difficulty with.

KAF Counseling and Consulting, Inc

[www.KAF](http://www.KAF)CounselingandSportPerformance.com

(239) 594-0900