

THE MENTAL GAME CLINIC

# IMAGERY SCRIPT GUIDE

## WHAT DO YOU SEE?

GO INTO AS MUCH DETAIL AS YOU CAN

## WHAT DO YOU SMELL?

NOTICE ALL THE SMELLS THAT YOU CAN

## WHAT DO YOU HEAR?

NOTE EVERY SOUND. CLOSE AND FAR.

## HOW DOES YOUR BODY FEEL?

NOTICE HOW YOUR BODY FEELS AS YOU  
PERFORM THE MOVEMENT

## HOW DO YOU FEEL?

NOTICE THE FEELINGS YOU HAVE. NAME  
THEM.