



The Mental Game Inc

EFFECTIVE IMAGERY Checklist

VIVID

Make your imagery as detailed and as clear as you can. The more real it feels the more effective it will be.

CONTROLLED

Have as much control as possible. You should be able direct the scene at will and change it deliberately too.

POLYSENSORY

The scene needs to include as many of your senses as possible. Not just sight, sound and hearing but taste and the feeling of movement too.

IN REAL TIME

Pace your imagery as if you were performing the action in the real world. The time needs to be as close to the actual performance as possible.

SYSTEMATIC

Practice and apply imagery in a systematic fashion. Know when, how and why you are performing it. Be deliberate.

INTERNAL & EXTERNAL

Combine observing yourself as if on a screen (external) with the view of being in your own body (internal). Move between the two if you can.