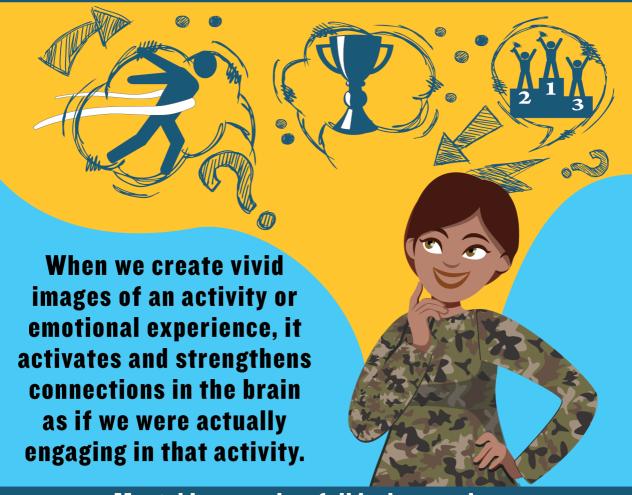
ACHIEVE SUCCESS through Mental Imagery

Mental imagery is using our minds to visualize and experience a situation as realistically as possible.



Mental imagery is a full body experience, that involves the five senses

How to Use Mental Imagery

- To Rehearse Mentally Mentally visualize a specific activity, step-by-step.
- **To Boost Motivation & Confidence** Imagine what success looks and feels like (i.e. winning an award). Or, imagine encountering and then overcoming obstacles you might meet when engaging in a task.
- To Regulate Emotion Imagine experiencing anxiety/fear/excitement in a
 particular situation and then imagine using techniques that regulate or harness
 that emotion in a way that results in success.

