

A black and white photograph of a man sitting on railroad tracks in a forest. The man is seen from the back, wearing a denim jacket. The tracks lead into the distance, flanked by trees and foliage. The lighting is soft, creating a contemplative mood.

ENVISIONING

WORK ON YOUR
MENTAL GAME

What is it?



Envsioning: the deliberate production of an emotionally powerful, multi-sensory imaginative experience of a desired future event or events.*



*Dr. Nate Zinsser, "The First Victory"

Does it work?



Your Imagination can:

- Stimulate Physical Changes in your body
- Create neural pathways in the brain that control movement and behavior
- Activate muscle contractions as if you performing the actual task in real life
- Ignite up to 25% of the electrical stimulus needed to perform a physical function
- Build neural grooves (myelin sheathing) critical to skill developing and motor control



Take this test



Imagine sitting at your kitchen table...picture that kitchen, the color of the walls, the position of the windows, and the table you are sitting at...now picture a small plate in front of you, upon which is a ripe, bright yellow lemon...you can see the lemon clearly, the way the light reflects off its waxy surface, the tiny bumps and dimples on the skin...pick that lemon up and feel its weight and texture...put it back on the plate and notice the slight residue it left on your fingers and palm...return your gaze to the plate with the lemon on it and notice that next to the plate is a small, sharp knife, the perfect kind of knife for cutting small fruit...Pick up that knife and carefully cut the lemon in half, feeling the blade cut through the skin, and then the center...put down the knife and pick up one of the halves...you feel its weight, lighter than before, and it's texture, softer and squishier than before...you easily squeeze it gently and see some juice form on the cut surface...bring that half lemon up toward your face and take in that unique scent...you can feel a little of the juice leaking out of the lemon onto your fingertips, slightly sticky...now bring that half lemon all the way up to your mouth, putting it to your lips and tasting it gently...now take a generous bite of the lemon and really experience its full bitter taste and juicy texture...

What Happened?



Did your?

1. Nostrils flare
2. The muscles around your mouth tightened
3. Produce some saliva

**Congratulations, you just fooled
your nervous system by envisioning
- creating a vivid, multi-sensory
imaginative experience.**



Mental Reps

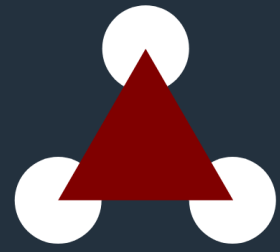


The Warmup:

1. Find a Comfortable Place
2. Imagine yourself walking into the environment and picking up an object to practice your sport (i.e. a stick, ball, club, etc) or the skill you want to practice (public speaking, making a presentation, etc)
3. Create a mental picture with images and sensory details
4. Flip through the "7 Channels" to notice specific things about your environment*

*Pro Tip - flip through each channel one at a time and focus on details specifically in that area to paint the picture

7 Channels

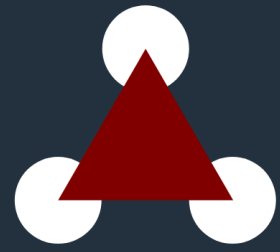


The 7 Channels of Focus

1. Hearing
2. Vision
3. Touch
4. Taste
5. Smell
6. Imagination
7. Inner Voice / Purpose



Set your Focus



Pick a Skill and Set your Intention

1. Pick a specific skill or scenario that you want to practice
2. Remember why you are practicing and how this skill is important to your growth



Start Your Practice



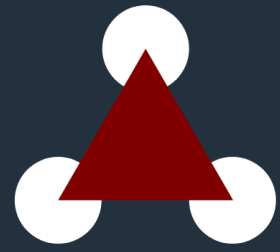
Time to Execute

1. Imagine what it would feel like to execute that task effortlessly and effectively better than you ever have before
2. Feel it move through your hands, feet, limbs, and entire body until completion
3. Once finished, hold that feeling of completion for a moment
4. Embrace and appreciate the feeling of accomplishment
5. Repeat the Rep



*Pro Tip - for shorter tasks you can do more reps, for longer sequences you can focus on fewer but more quality reps

Keys to Success



How to Improve

1. **Consistent workouts** (show up multiple times a week)
2. **Internal perspective** (i.e. a ride from the front seat of a roller coaster vs. watching from the ground)
3. **Genuine Emotion** (really imagine what it feels like to be in moment)

