

3.

IMAGINATION



Imagination is your ability to see what isn't there. Imagination is key to wanting more, being more, and having more. And once we establish a goal for ourselves, imagination, through visualization, is the key to reaching it. If you can't see it in your mind, you won't be able to do it in the sport. It's that simple.

**“IMAGINATION IS MORE IMPORTANT
THAN KNOWLEDGE.”**

—ALBERT EINSTEIN

Visualization Introduction

Close your eyes, and think about walking into your kitchen. What do you see? There is a refrigerator, an oven, a sink. What color are the cupboards and countertops? Is there a window? A pantry? What color are the floors? You just visualized!

Visualize a skill you have

Think of a skill in your sport that you can already do. It can be something very simple! Close your eyes and picture yourself doing it like you are a member of an audience.

Feel yourself doing the skill

Now take that same easy skill and visualize yourself and *feel* yourself completing it. Where are your arms? Where is your head? What are your legs doing? Feel yourself doing every part of the skill.

Visualize a skill you want

Think of a skill or an outcome that you would like. Try to see yourself completing it as though you are a member of an audience. Once you can do that, try to feel yourself doing the skill.

