



The Hidden Key to your Success: Visualization & Imagery



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
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director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



Visualization and imagery are two mental skills that can help you achieve your goals and become the performer you envision yourself to be.

So, what's the difference between visualization and imagery?

Visualization

Visualization occurs when you visualize or imagine a scenario. You only use 1 out of the 5 senses - sight.

VS.

Imagery

Imagery occurs when you utilize all 5 senses (sight, touch, sound, taste, smell) plus kinesthetic senses and emotions while imagining a scenario.

Visualization and Imagery can be used in various contexts including...

- Motivation
- Decision Making
- Performance Anxiety

However, visualization & imagery is most commonly used in helping you achieve your goals. These mental skills can be used to help you embody the characteristics and actions that are aligned with your goals.

For example, if I have a goal to stretch every night before bed, I have to practice discipline and commitment.

Imagine your ideal self. What are 3 goals you want to work towards that bring you closer to the best version of yourself?

- 1.
- 2.
- 3.

For the sake of this workbook, choose 1 of the following goals to use as an example.

Brainstorm any obstacles or challenges that you anticipate may interfere with you taking steps towards your goal.



It's important to anticipate what may get in the way of you reaching your goals. This will be when you apply your visualization and imagery strategies.

- 1 Close your eyes and envision the best version of yourself. What are 3 words you would use to describe your imagined best self?



- 2 Refer back to the question above regarding challenges & obstacles. Choose one from the list and imagine yourself in that position.

EXAMPLE

If your goal is to wake up early and work out, a predicted challenge will be getting out of bed. To help motivate me out of bed, I can use imagery.

Taste - The sour taste of pre-workout.

Hear - The clanking sounds of the dumbbells being racked, heavy breathing.

Sight - All of the different colors people are wearing in the gym.

Smell - The smell of coffee in the morning.

Touch - Feeling the fabric of your workout clothes against your skin.

Kinesthetic - Pushing the floor away in your plank or push-up.

Emotions - That feeling of accomplishment and energy after the workout.



The more specific you can be with what your senses will experience, the better!

Now, it's your turn!



- Taste -
- Hear -
- Sight -
- Smell -
- Touch -
- Kinesthetic -
- Emotions -

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What would it feel like and look like to have reached that goal? What would be different about your life, your training, your career, and your identity if you achieved that goal?



Empty rounded rectangular box for visualization notes.

When you're tempted to make a different choice, lock into that visualization.



Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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