

Kinesthetic Visualization

Professional athletes use this highly researched strategy to elevate their sports performance, decrease anxiety, increase confidence, & more!

1

Close your eyes or gently lower your gaze
(This helps reduce distractions & allows you to focus inward)

2

Bring your attention to a movement in your dance, an aspect of your performance, or a challenge you're facing in your sport
(Focus on one thing that you want to improve or understand better)

3

Visualize the scene in vivid detail
(Imagine what the movement looks like, what sounds accompany it, & the sensations you feel in your body as you perform it)

4

Picture yourself executing the movement with complete ease & success
(Visualize yourself moving effortlessly & confidently, overcoming the obstacles)

5

Continue for at least one minute, or longer & choose a specific time each day to practice
(It works best if kept consistent)

This helps your mind become familiar with the experience, so when you perform it for real, even without having physically practiced it, your mind feels as though you've already done it.
As a result, your performance will be significantly better than if you hadn't done this mental practice at all.