

## ***Improving Your Imagery***

### **Student Activity**

Try and imagine the moments prior to competition as vividly and as clearly as you can. You might find it helpful to close your eyes. Then rate the ease/difficulty with which you were able to image the situation. Circle your rating on the scale below.

### ***Imagery Rating Scale***

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Very hard to image</b>	<b>Hard to image</b>	<b>Somewhat hard to image</b>	<b>Neutral (not easy nor hard)</b>	<b>Somewhat easy to image</b>	<b>easy to see image</b>	<b>Very easy to image</b>

The PETTLEP model was designed by Holmes & Collins (2001) to create more effective imagery. It is based on the idea that imagery should be as similar to physical practice as possible. Using the PETTLEP model and video lecture as a guide, in the space provided, write down some methods to incorporate the various PETTLEP elements to improve your imagery experience.

Incorporating your suggested methods, try and imagine the moments prior to competition as vividly and as clearly as you can for a second time. Then rate the ease/difficulty with which you were able to image the situation. Circle your rating on the scale below.

***Imagery Rating Scale***

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Very hard to image</b>	<b>Hard to image</b>	<b>Somewhat hard to image</b>	<b>Neutral (not easy nor hard)</b>	<b>Somewhat easy to image</b>	<b>easy to image</b>	<b>Very easy to image</b>

Did the second image vary in comparison to the first? If so did they differ in terms of their vividness, clarity, detail, or how realistic and lifelike they were.