

THE VISUALIZATION SCRIPT

Imagining Future Scenarios



The virtues of writing out and reciting Visualization Scripts is unmistakable in the sport research. Infinite studies have proven the effectiveness of scripting out future scenarios in vivid fashion, and in rehearsing these fictional narratives as if they will become reality.

Likely, one of the most important gains from writing out such scripts stems from the act of imagining ourselves having success in the future. The boost to self-confidence is enough in its own right. But beyond this, research is beginning to find that we can have considerable impact on motor-skill development - actually building myelin, through things like imagery and visualization.

The key is to make the script as specific and descriptive as possible. The more vividly you can see the scene unfold, the more your senses are involved, the more powerful and positive the effect will be. Focus in on what you see, hear and even what you feel when running through the scenario. The power behind the Visualization Script is that the human brain cannot really tell the difference between what it vividly imagines and what it is actually experiencing. So we can use this to our advantage by scripting scenarios that are more favourable to our becoming selves.

When you visualize well - by incorporating your senses and using very specific and descriptive detail - your brain believes it is actually having the experience in this moment, which means it becomes proof and evidence that you can do it - giving you the confidence you need to go out there and do it.

To create your very own Visualization Script, simply take a few moments to sit somewhere quiet where you can close your eyes and picture yourself in a competition situation.

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WORKSHEET

Sample Script:

SCENARIO: Closing holes of my major event in 2021

The sun on my neck reminds me of the special thud sound my ball will make when it lands on the green as it bounds up the tier on the green towards the pin. My ball is below my feet and I feel gravity pulling me into my toes. The wind is whistling from the left, and I will carve the ball to negate this effect of the breeze. I feel connected to the shot and am excited to feel the squish of compression, hear the music of the ball at impact, and see the ball penetrating through the air towards the green.

My swing starts when it wants to, and I notice I'm swinging gracefully and anticipating the return through the ball – I feel like I'm dancing to a rhythm that is meant to be my rhythm in this moment. The ball pierces through the air as I had imagined, and lands with a nice hop and then with some spin holds against the momentum and comes to rest quite slowly to a few feet below the flag. I'm holding my finish as I watch the stroke in its entirety, and then release the tension completely and walk back to my bag to clean and replace my club in the bag.

IN THIS ASSIGNMENT YOU WILL:

Step 1 - Briefly describe the scenario you will encounter:

Step 2 - Write out a paragraph or two describing the scene in as much detail as you can - remember to work in how things look, sound and feel.

Script Template

- 1) Where are you, what's the scenario?
- 2) What is the weather like – how does it look, feel and or sound?
- 3) What are your thoughts and what are your emotions?
- 4) How would you like to feel in this scenario
- 5) Describe how the action unfolds
- 6) How do you feel after the actions has unfolded