



## IMAGERY: EXERCISE # 2

### Imagery Sensory Checklist

This is an exercise designed to help you begin to integrate your senses into your imagery. As you create each of the following images in your mind, rate your ability to do so based on this scale:

0=No Image

1=Some Image

2=Clear Image

You may want to close your eyes for some of the exercises.

- \_\_\_ 1. The feel of your competition uniform and equipment when fully prepared to begin competition
- \_\_\_ 2. Your bedroom at home
- \_\_\_ 3. The sounds of your current favorite song
- \_\_\_ 4. The taste of your favorite ice cream
- \_\_\_ 5. The feel of your skates on the ice, your skis on the snow, your cleats in the track or grass of the field
- \_\_\_ 6. Jumping into a cold mountain stream
- \_\_\_ 7. Running up stairs
- \_\_\_ 8. Dribbling a basketball or throwing a baseball
- \_\_\_ 9. The sound of a club meeting a ball during a perfect 300-yard drive
- \_\_\_ 10. The weight of your legs or the pain in your legs after a 400-meter (or 440 yard) run
- \_\_\_ 11. The smell of your locker room
- \_\_\_ 12. The fit and feel of your competition helmet or headgear
- \_\_\_ 13. Your best friend's face
- \_\_\_ 14. The last piece of advice you got from your dad
- \_\_\_ 15. The most critical piece of terrain on the most difficult competition track/field

You may notice, as you review your scores, that certain senses produce clearer images than others. This may provide direction for extra attention and practice—create your own images to test those senses you have the most difficulty with.