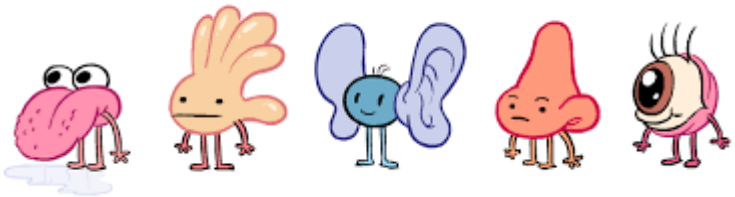
...I am about to do something new….Can you see it? -Isaiah 43:18-19

Mental Movies Summary: Motivate yourself by using mental movies to see yourself performing at your best

Please take some time and think about how you would like to perform at your next event and/or think of a past success that will help motivate you when you need it. Here are some things to help you create a vivid MENTAL MOVIE



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What do you see?_____

What do you feel?_____

What do you hear?_____

What do you smell?

_____

What do you taste?_____

Now create a script for your MENTAL MOVIE:

(Short example): I enter into the large venue and I look up to see the high ceilings with the light shining through the windows. I begin to feel my nerves simply by entering the place that the event will be held. I remind myself that this is proxiety and I get excited about what is to come. As I walk in I hear coach giving instructions and I put my things down on the bleachers...

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HIGHER POWER MIND

HIGHER POWER MIND