



PRIME SPORT 101
Sport Imagery Program

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SPORT IMAGERY PROFILE

Vividness –How clear your imagery is. (1-blurry; 5-very clear)

Control – How well you're able to control your images and perform the way you want without mistakes. (1-poor control, lots of mistakes; 5-total control, no mistakes)

Feeling –How well you're able to experience the physical and emotional feelings of performing in your sport. (1-no feeling; 5-total feeling)

Speed – How well you're able to imagine yourself performing in slow motion, at 'fast-forward' speed, and at normal speed. (1-can't at all; 5-at all speeds)

Total experience – How well you're able to reproduce the total experience of performing in your sport (e.g., thoughts, emotions, physical sensations). (1-not at all; 5-total)

Perspective – Whether the 'video camera' is inside or outside of you. (1-inside; 5-outside)

Directions: Imagine yourself performing in your sport for 15 seconds, then rate yourself on the first imagery factor using a 1-5 scale using the descriptions provided above. Repeat for the remaining elements. For Perspective, identify whether you are internal (1) or external (5) or use both (3).

5						
4						
3						
2						
1						
0						
	Vividness	Control	Feeling	Speed	Total experience	Perspective

SPORT IMAGERY LADDER

Least Important

1. Performing with a friend
2. Performing in training

Moderately Important

3. Practice competition
4. Low-level competition

Most Important

5. Major competition

SPORT IMAGERY SCENARIOS

Directions: To guide your imagery sessions: 1) follow the relaxation scenario below left, and 2) create your own imagery scenarios appropriate for your sport based on the guidelines offered on the right.

Relaxation Scenario	Training or Competitive Scenario
<p>Begin every imagery session, with a relaxation scenario. Research has shown that being in a relaxed state makes you more open to the positive images, thoughts, and feelings generated in imagery.</p> <p>As you progress through this relaxation scenario, begin each segment with a slow, deep breath.</p> <p>Imagine there are drain plugs on the bottom of your feet. When you open them, all the tension will drain out of your body and you will become very, very relaxed.</p> <ol style="list-style-type: none"> 1. Take a slow, deep breath. Now, undo those plugs. Feel the tension begin to drain out of your body. Down from the top of your head, past your forehead, your face and neck; you're becoming more and more relaxed. The tension drains out of your jaw and down past your neck. Now your face and your neck are warm and relaxed and comfortable. Take a slow, deep breath. 2. Take a slow, deep breath. The tension continues to drain out of your upper body, past your hands and forearms, and out of your upper arms and shoulders. Now your hands, arms and shoulders are warm and relaxed and comfortable. Take a slow, deep breath. 3. Take a slow, deep breath. The tension continues to drain out of your upper body, past your chest and upper back, down past your stomach and lower back, and your upper body is becoming more and more relaxed. There is no more tension left in your upper body. Now your entire upper body is warm and relaxed and comfortable. Take a slow, deep breath. 4. Take a slow, deep breath. The tension continues to drain out of your lower body, past your buttocks and down past your thighs, and your knees. Your lower body is becoming more and more relaxed. The tension drains out of your calves. There is almost no more tension left in your body and the last bit of tension drains past your ankles, the balls of your feet, and your toes. 5. Do a brief survey of your body from head to toe to ensure that there is no more tension left in your body. Your entire body is warm and relaxed and comfortable. 6. Replace the plugs so that no tension can get back in. Take a slow, deep breath. Feel the calm and relaxation envelop you. Enjoy that feeling and remember what it feels like to be completely relaxed. 	<p>Depending on the duration of a typical performance in your sport, you will either imagine 2-3 complete performances (e.g., 200m butterfly in swimming. 400m run in track & field, floor routine in gymnastics) or 5-10 segments of a performance (e.g., shots in golf, at bats in baseball, plays in football, sections of a triathlon).</p> <p>Your imagery sessions should last approximately 10-15 minutes including relaxation, pre-performance routines, and imagined performances.</p> <p>For all sports, your imagery should follow this order:</p> <ol style="list-style-type: none"> 1. Specify the training or competitive setting (e.g., location, level of competition) in which you will imagine yourself performing. 2. Identify your goal (e.g., technical, tactical, mental, performance) for the imagery session and how you will accomplish it. 3. Sit or lie down in a comfortable position in a quiet location. 4. Close your eyes and begin the imagery session with some version of the relaxation scenario on the left side of this table. 5. Imagine yourself following your pre-performance routine with an emphasis on: a) your physical warm-up, reaching your ideal intensity, and breathing, and b) getting yourself mentally prepared with a review of strategy or tactics, imagery within your imagery of successful performances, a focus on what will enable you to perform well, and positive self-talk. 6. Imagine yourself just before the training or competitive performance making your final adjustments and ensuring you are totally physically and mentally prepared to perform your best. 7. Imagine yourself performing your best in a training or competitive performance. 8. Repeat. 9. At the conclusion of your imagined performances, count down from 10 to 0, while breathing slowly and deeply, and leave the competitive venue and return to your imagery location. 10. Record your imagery session using the Sport Imagery log that is provided.

SPORT IMAGERY GOAL PLAN

Directions: In the space below, indicate the following: 1) the performance areas you want to work in your imagery; 2) the current status of the performance areas in your imagery, 3) your goal for the performance areas in your imagery, and 4) what mental tools you will incorporate into your imagery to achieve the goals.

Performance Areas	Current Status	Goal	Mental Tools
Technical/ Tactical 1. 2. 3.			
Mental 1. 2. 3.			
Performance 1. 2. 3.			

