Develop the Winner's Mentality, (Xlibris, 2005)
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CHAPTER 4: VISUALIZATION ~ AN ESSENTIAL MENTAL SKILL

VISUALIZATION APPLICATION EXERCISES (pg. 76)

The following Visualization Application Exercise may be downloaded as an audio file from www.ReeseResolution.com or you may create your own audio file using this script.

GO TO THE BEACH

To "Go to the Beach", find a quiet, relaxing place and imagine the following as vividly as you can:

- You're lying on your back in *hot*, *dry* sand ~ feel the warmth of the sand.
- Your face is beginning to feel the heat from the intense sun ~ you are protected by sun-screen, so this is not a concern.
- Your body feels so relaxed ~ you don't want to move.
- You can hear waves crashing on beach ~ the tide is coming in ~ you concentrate on the rhythm of the waves.
- In the distance you hear a group of children playing in ocean ~ you hear a young child scream with delight ~ you smile thinking of happy times in your childhood.
- You smell that fresh, salty aroma of the ocean.
- As you lick your lips, you can taste the salt on your lips.
- The sun is getting very hot, but you are so relaxed you don't want to move.
- You can feel sweat beads forming on back of your neck.
- Now you feel a gentle breeze cooling your hot body.
- You are extremely relaxed.
- You hear a seagull high overhead.
- You are so relaxed that you are almost asleep.
- All your trouble, all your worries are carried away by the gentle breeze.
- Relax ~ relax ~ relax.

As you visualize, go through each sequence separately:

- Make each sense seem real.
- Practice those that are difficult.
- Practice controlling image ~ changing the image.
- *SEE* & *FEEL* yourself lay on the beach.
- *SEE* & *FEEL* yourself walk on the beach.
- Make the images as clear and vivid as possible.
- Practice ~ practice ~ practice.

Ask yourself:

- Am I calm and relaxed?
- Are my thoughts free of distractions?
- Is my body and mind relaxed and peaceful?
- Am I controlling the images?