

VISUALIZATION FOR PEAK PERFORMANCE

1

Sit straight in your chair, eyes closed, feet flat on the floor, hands resting, not crossed. Balance your head on your shoulders, relax your body.



2

Bring your attention from your feet, up your legs, up your spinal column, and into the back part of your brain. See yourself standing there, looking down a hallway; at the end of the hallway, you see an open door and a room beyond it.



3

Walk down the hallway, through the door, into the frontal lobe of your brain, where you see a chair, a desk with your test on it, your calculator and a pencil. You also notice that filing cabinets line the walls of the room. You walk over to them, opening the drawers to see that all the information you've learned about the tests and for the tests is there, along with all the information you've ever learned. Once you are assured you can find all the information, you sit down at the table and start your test.

4

You see yourself moving from question to question with calm confidence, knowing the correct answer to every question. You can give yourself positive images for any problems you had with the test previously, now seeing yourself performing perfectly, answering all the questions accurately, calmly and in the appropriate amount of time. You see yourself getting all the questions right.



5

When you are ready, open your eyes and begin your test.