

# 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.

# IMPORTANT TIPS FOR VISUALIZATION

---

*It is important to form statements that follow these three important principles:*

- Positive statements only! If I say to you, "Don't think of a rainbow," you can't help but think of a rainbow, even create a picture of one in your mind. You are talking to your subconscious when you do this meditation, and your subconscious does not understand the negative, interestingly. So, if you say to yourself, "I am not making mistakes," your subconscious hears, "Make mistakes." Now, what is the positive way to say, "I am not making any mistakes?" "I am getting them all right!" For many students, that's a radically new way of thinking.
- Present tense statements only! Your subconscious does not understand the past or the future. This is the reason that your dreams seem so real; you dream in present tense only. In your meditation, make statements such as, "I see myself moving from question to question with accuracy and confidence, marking the correct answer for each problem."
- Powerful statements only! Your subconscious is a powerful tool, so you need to give it powerful images. This meditation is not magic in that it won't give you the knowledge you don't have, but it is magical in that it will give you access to all the knowledge you do have.

---

*Two anecdotes from Mike's mentor and author of this meditation to show you how powerful this is:*

- The first time I tried this meditation, I did it with my then 3rd-grade son who had to complete a sheet of 99 math facts in 5 min. or less. Up to that point, though he knew his facts, he had not been able to complete the sheet in less than 7 min. We tried the meditation once, and then he completed the sheet right away. The very first time, he completed the math facts in 3 min!
- Years later, I was working with a 9th grader who was taking two hours to complete math tests that everyone else completed in one hour. He had been diagnosed with an information retrieval problem. So, I designed the meditation with the filing cabinets and asked him if he'd try it. He agreed, not very enthusiastically, I might add. I asked him to practice every night before he did his homework. He practiced 4 nights one week and 4 nights the second week. The first time he took his test, he took it in one hour! I have to say, I was stunned! I thought he would get it down by 15 min. and then we'd keep working, reducing the time by 15 min. each test. But, instead, he got what he asked for!

Practice this meditation before assessments, finals, any test. On the day of the test, you need only close your eyes, take a deep breath, and give yourself one image from your meditation. Your mind will remember the rest.