



Mental Rehearsal

"The difference between a dream and a fantasy is a commitment" —Bob Rotella

"Most dreams are attainable if the dreamer is ready to devote consistent, intelligent effort to them" —Bob Rotella

One method to help you build confidence and achieve your dreams is through the use of individualized mental rehearsal. Mental rehearsal is a powerful tool for peak performance. Imagery enables you to program your mind and body to work together to achieve your dreams. In order to get the most out of your mental capabilities, it is important to rehearse them. To improve your mental skills, you should set aside a few minutes every day to imagine your most successful shot, hole, round, or tournament. In addition, you can make an individualized audio rehearsal tape to help you relive your successful performances. When using imagery, there are a few things you need to include:

- » Find a place you will not be disturbed.
- » Take some deep diaphragmatic breathes to achieve a comfortable state.
- » Imagine your perfect performance.
- » Choose a "cue" word to build your comfortable state around (e.g., trust, confidence, patience, power, tempo).
- » Use positive statements (e.g., I am a good player, I have this shot).
- » Use all your senses (e.g., feel the wind, smell the grass, see the whole field).
- » When you make an audiotape, you can use music to help to achieve your comfortable state. Pick music that establishes both mood as well as tempo. Make a tape that is appropriate for short and extended listening, so that the tape can be used in many settings (e.g., driving to the game, in the evening).