



## Visualisation

### A way to truly focus upon our goals.

When we visualise we consciously focus upon our senses e.g. what we can **see, hear** and **feel**. This exceptional ability allows us to have a more comprehensive experience when we are engaged in new learning, or preparing for a future event.

For example, practising throwing and catching a ball AND ALSO visualising ourselves throwing and catching a ball, can help us to become more familiar with the skill.

Neuroscientists have discovered that when we imagine an event in detail, our brain reacts as though it is actually happening.

These forms of mental rehearsal are used by performers and athletes all over the world to enhance their success.

*“Imagining an act and doing it are not as different as they sound. When people close their eyes and visualise a simple object, such as the letter ‘a’, the primary visual cortex lights up, just as it would if the subjects were actually looking at the letter ‘a’. Brain scans show that in action and imagination many of the same parts of the brain are activated. This is why visualizing can improve performance.”*

*‘The Brain that Changes Itself’* Dr. Norman Doidge, Psychiatrist and Psychoanalyst

### How well can you use your senses to help you to visualise?

#### Areas of focus can include...

##### **VISUAL** (Seeing)

For example:

colours

shapes

size

What is it made from?

##### **AUDITORY** (Hearing)

For example:

music

background sounds

technology

Your inner voice saying, ***‘I can manage this!’***

##### **KINAESTHETIC** (External feelings)

Imagine what you feel physically

For example:

shape

soft or hard?

heavy or light?

##### **EMOTIONS** (Internal feelings)

Imagine what you feel inside

For example:

confident

excited

happy

## Visualisation Chart

Decide upon a positive scene about yourself that you will visualise.

For example: being part of a successful team; being resilient when you face a challenge; successfully completing a test; achieving a goal.

Then use your imagination to help you **see**, **hear** and **feel** this visualisation.

<b>Name:</b>	
<b>Focus</b>	
<b>Sense</b>	<b>Write down all that you can visualise</b>
<b>Visual</b> Imagine all that you can 'see' in as much detail as possible. For example: faces body language the environment colours, shapes, objects etc.	I can see...
<b>Auditory</b> Imagine all that you can hear in as much detail as possible. For example: sounds voices music your inner voice saying ' <i>I can do this</i> '	I can hear...
<b>Kinaesthetic</b> Imagine what you can physically <b>feel</b> in as much detail as possible. For example: warmth texture weight objects - chair, phone, equipment etc.	I can feel...
<b>Emotions</b> (Internal feelings) Imagine what you feel inside For example: relaxed confident relieved pleased	I feel...

**ACTIVITY:** When you have completed this chart sit back for a few minutes and quietly focus upon each of these areas of experience.

Discover how 'real' you can choose to make this visualisation for yourself.