

1. What skill is to be improved? _____

2. Is it imaginable from the third-person perspective? Can you see it as though you were watching a movie of yourself performing this skill? _____

a) If your answer is no, what do you think that means? _____

b) Does your self-talk support this changing? _____

c) Can you imagine someone else performing the skill? _____

d) Can you imagine your face on that person's body while that person performs the skill? _____

e) If not, can you describe the skill in a few words? _____

3. If your answer to #2 was yes, then is the skill imaginable from the first-person perspective?

Can you see it as you would through your own eyes while you perform the skill? _____

If not, return to third-person perspective.

4. Can you imagine experiencing the skill from within? _____

5. Describe what would it feel like in a few words _____

Take a moment to image the skill, using first-person or third-person perspective and observe how you feel. If first-person and third-person are not successful, use language covertly or overtly to describe how it would feel to perform the skill successfully.

6. Does the image possess the following characteristics?

a) vividness

b) control

b) personal

c) useful

d) feels right