



**STRENGTHEN YOUR BODY | SHARPEN YOUR MIND  
BUILD CONFIDENCE | REACH YOUR GOALS**

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## Visualization Exercise

Today's Date: \_\_\_\_\_

Element I am visualizing: \_\_\_\_\_

### Set up:

1. Close your eyes
2. Take 3 deep breaths
3. Picture yourself at your rink
4. Who else is there?
5. What are you wearing?
6. Where on the ice do you normally practice this element?
7. Visualize as realistic as possible

### Visualize:

1. Picture yourself setting up for your element
2. Imagine your body position, feel what it feels like going into this element
3. Visualize yourself completing your element
4. Repeat the same element 3 times

### Evaluation:

1. How did it go?
2. Did you successfully complete the element on each try?
3. What did it feel like to do this element?
4. Did the 3 attempts feel the same?
5. What was different about each try?

Notes: