

# VISUALISATION TECHNIQUES WORKSHEET

## IMAGINATION

### #1 Goal Setting:

What specific fitness goal do you want to achieve?

Why is this goal important to you?

### #2 Imagination Exercise:

01.

Find a quiet and comfortable space where you won't be disturbed.

02.

Close your eyes and take a few deep breaths to relax your mind and body.

03.

Visualise yourself achieving your goal in vivid detail. Imagine every aspect of the experience, including what it looks like, sounds like, and feels like.

04.

Focus on the positive emotions you will experience when you achieve your goal. What feelings do you anticipate? How will achieving this goal make you feel about yourself?

05.

Allow yourself to fully immerse in the visualisation, embracing the sensations and emotions that arise.

### #3 Reflection:

After completing the visualisation exercise, take a few moments to reflect on your experience.

Write down any insights or observations about the visualisation process. Did you notice any specific thoughts or emotions that came up during the exercise?

How did your body respond to the visualisation? Did you notice any physical sensations or changes in energy levels?

Rate your level of motivation and confidence before and after the visualisation exercise. Did you notice any differences?

### #3 Integration:

How can you incorporate visualisation into your regular routine?