Visualization Training

Questions:

1) What will you see when the event occurs?
2) If it is a visual cue, what color will it be?
3) What size will the event be?
4) What will you hear when the event occurs?
5) How will you feel when the event occurs?
6) Do you have any specific thoughts about the event?
7) Please imagine yourself performing the task.

Please write your thoughts here: