

The Virtual Dress Rehearsal

Rate how clearly you visualised the following on a scale of 1 to 5:

(1 = not at all, 3 = moderately clear, 5 = extremely vivid and clear)

Date	Imagery Goal	Hear	Feel	See	Smell	Emotions

Making Visualisation Work for You

1. **Make it as real as possible.** Complete the visualisation in the clothes you will be wearing, with your instrument in hand, and in the actual performance space (if possible).