

Virtual Practice

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	Emotions

Making Visualisation Work for You

1. **Integrate into your practice routine.** See yourself: executing a challenging passage using the correct technique, playing from memory, relaxing key muscles, breathing correctly, performing well in an upcoming performance.
2. Use **internal perspective** (as in the first person) and **external perspective** (as if watching yourself on TV).