

The Art of Mental Training

Chapter 6

Imagineering and Confidence

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Imagineering—the technique of showing our minds how we want things to go; and a term first coined by the legendary dreamer, Walt Disney. We should all take his advice and allow ourselves to practice sensory rich imagineering. Champions use imagineering prior to their events. It's also often used by people in order to help them achieve the successful completion of a project or an important goal over time. This simple practice has been proven to be so essential and so effective, that the athlete who fails to practice the technique apparently never plays to his true potential. (Interestingly, the same results have been observed with actors and musicians, as well.) For performance of any kind, mental preparation is as important as physical training. So if you leave “imagineering” out of your preparation, you will be hurting yourself and helping your opponent.

Imagine stepping into competition having seen and felt the entire experience before; from the crowd to the coaches, from the venue to your own performance, all in your own mind. It's a fascinating experience. It creates an incredible feeling of confidence.

What's really the key with imagineering is that you not only see and watch, but that you actually *feel* yourself succeeding, over and over again. Make sure that you bring emotion into your mental practice. Practice feelings along with images including those related to your overcoming adversity and being able to successfully fight your way out of challenging predicaments or situations.

Never allow yourself to entertain images or feelings of defeat during your imagineering sessions. This is because whatever impressions reach the subconscious mind it will accept as being true—and what *it* believes to be true affects *your* performance. Feed it empowering, successful images and feelings, and it delivers performance, drive, and motivation from deep within yourself in line with those images and feelings. However, if you feed it suggestions of worries or failure then you will defeat yourself—with no other opponent necessary.

Success, victory, and your ability to effectively overcome adversity, is what you must rehearse, rehearse, and rehearse again. Relax, be still, and in your mind - you must see it, feel it, and accept that it is coming your way. This process of conditioning for success set's things in motion. It creates confidence and confidence is one of the most significant

by-products of good mental training. The most powerful confidence comes as the result of both physical *and* mental preparation—and winning and achievement has everything to do with preparation.

If you think you're confident now, and you're not using mental training techniques, then you really can't even begin to know what you're missing or understand how much you stood to improve *with* mental training — that insight comes only through its practice.

Remember: Imagineering is vital because it leads to greater self-belief and greater confidence, which in turn leads to better performance and achievements.