Visualization, Relaxation, and Affirmation Clinic

Visualization: A rehearsal of what you want to happen.

* Create images in your mind of you having or doing whatever it is you want.
* Repeat these images over & over again
* Practice this 5 minutes each day
	+ Imagine yourself already having/achieving what you want
	+ Don’t “hope” you will achieve it or “hope” something will happen someday- say IT WILL happen!
* With Visualization technique you “live & feel” it as if it is happening now
* Your subconscious mind cannot tell the difference between reality and images you create
	+ Your mind is powerful

Affirmations: statements that you say either out loud or quietly to yourself, you affirm to yourself whatever it is you want to happen.

* Why do affirmations work?
	+ They work because whatever you verbally repeat to yourself will influence your thoughts.
* Rules for affirmations:
1. Always affirm with a positive statement (avoid asking what if it’s a terrible outcome).
2. Make your affirmation short and simple (this will be your mantra).
3. Don’t force yourself to believe it, just say it (repeat it over & over again and it will have a natural effect).
* Example: I will run strong and finish the race.
* **Exercise: Write 1-2 affirmations of how you will do on race day…**

Acknowledge: Search for areas of your life where you are already successful & accept or admit the existence of those successes.

* Examine your personal quality…
	1. Are you stronger or healthier?
	2. You have trained for 10 weeks in preparation for our goal race.
	3. Have you dropped bad habits to perform your best every Wednesday & Saturday?
	4. You didn’t give up when your mind said “you can’t do it.”
* **Exercise**: **Acknowledge 3 positive things you did during No Boundaries to help you succeed on race day…**