



## Visualizing Competition

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By Chuck Martin & Mogul Logic

You can learn how to be a seasoned competitor even if you have not competed very much. Visualization has been an instrumental part of my training over the last 16 years.

- Find a place where you can lie down and relax without being distracted by anyone.
- Close your eyes, take three big breaths and relax your body, moving your concentration slowly from your toes all the way up to your head.
- Visualize yourself at a competition site that you are familiar with. Recall every detail of the starting area – colors, smells, sounds, who is there, who is watching the competition. Let all the familiar competition feels come to you.
- Let yourself feel good; you are the best today, you are completely prepared because you have trained hard. Feel the adrenaline in your body; it is good and natural. Push through the gate with power using the adrenaline to bring you up to the next level. You have skied the perfect run and you have won. Feel how good it is to win, live up the moment of glory when you have competed at your best, all the hard training has paid off and you are number 1.

### Positive Self-Talk

Self-Talk is the constant chatter that goes on in our heads all the time. 90% of our self-talk is negative. I can't ski this run, I can't take this air, I can't win this competition, I am not very good at taking tests, I am not a stud with the girls, hunks don't like me.

We actually have to train ourselves to think positively. If we believe we are number 1, than we will do anything in our power to be number 1, and to stay number 1.

Train yourself to think positively in the present tense.

- *I am the best skier on the hill*
- *I can catch perfect air*
- *I am a fast skier*
- *I am good at taking tests*

***Start now to think positively in whatever you do. You will be amazed at how much negative self-talk you will discover. If you train yourself now to be a positive thinker, you will be one. Naturally become a positive doer.***