



Visualizations

“Mental models” or visualizations are pictures in your mind of things that things that may happen. They help sharpen where your attention is going and help you feel more prepared and in-control when they do.

Questions to ask yourself:

What will happen first?

What distractions or obstacles are likely?

How will I handle those?

How do you want to feel afterward?

What choice will help you feel that way?

How will I know if I've succeeded?

What is necessary for me to be successful?

What will I do next?