

Thinkibility – 29 Day Challenge

Day 7 – Aims and Goals

Visualise your goals.

Choose a goal that you have and visualise it by using a combination of several different sensory modalities. You can use PETTLEP, which was developed using findings from research in sport psychology.

- **Physical** – image the relevant physical characteristics. For example, a musician would imagine herself with a flute in the hand.
- **Environment** –image in the environment where the performance takes place.
- **Task** – image details relevant to the task, these demands should be appropriate to the player’s level.
- **Timing** –image in real time, but slow motion imagery can be used for difficult passages.
- **Learning** – the imagery should be adapted and reviewed to match changes in the task and the level of expertise.
- **Emotion** – use the same images that would be felt during the performance. But avoid using negative emotions such as being scared of a certain passage. Instead, it is important to image that the passage is played with confidence.
- **Perspective** – the perspective can be through your own eyes and third person, watching yourself play the flute.

Make a painting of what you visualised.

Then, forget it, or pin it somewhere on a wall. One year later you may find that you have in some way realised your goals.