MENTAL PERFORMANCE CENTER

ALBERT DUARTE

Certified Mental Performance Coach

VISUALIZATION SCRIPT

A guided mental rehearsal for athletes who want to prepare their mind, build confidence, and respond effectively under pressure.

See it clearly.
Feel it realistically.
Rehearse the response you want.

How to use this script

Read it slowly, record it in your own voice, or have a coach or parent guide you through it. Use it three to five times per week and before important competitions. Mental rehearsal should feel realistic, specific, and connected to actions you have already practiced.

Environment Choose a quiet place and remove distractions.	**Body** Sit or lie down comfortably and relax your shoulders.	**Time** Allow 6-10 uninterrupted minutes.

Visualization is most effective when you rehearse both successful execution and a strong response to adversity.

GUIDED VISUALIZATION - ARRIVAL AND READINESS

Close your eyes and take a slow breath in through your nose. Pause briefly. Exhale longer than you inhaled. Allow your jaw, shoulders, and hands to relax.

Picture yourself arriving at the competition site. Notice the surroundings, the sounds, the temperature, and the energy. You are not rushed. You are organized. You know where your equipment is, where you need to be, and what your first responsibility will be.

See yourself moving with calm, confident body language. Your posture is strong. Your breathing is controlled. You are aware of the environment, but your attention remains on what matters.

Now imagine beginning your warm-up. Feel your body becoming more active and responsive. See yourself completing the fundamentals with purpose. You do not need perfection. You need connection, rhythm, and readiness.

Repeat silently: I am prepared. I am present. I trust my training.

The sights, sounds, and physical sensations I want to include in my visualization

My confidence statement

GUIDED VISUALIZATION - OPENING MOMENTS

See the competition beginning. Rehearse the first important moment in detail. Notice where your eyes are focused, how your body is positioned, and the exact action you want to execute.

Imagine yourself making a clear decision and committing fully. Your movement is decisive. Your attention stays on the task instead of the outcome.

Now rehearse several successful actions. Allow the images to unfold at realistic speed. Feel the timing, effort, communication, and confidence connected to each action.

Hear your performance cue: Next action. Strong body. Trust it.

The first action I will mentally rehearse

The performance cue I will use

GUIDED VISUALIZATION - PRESSURE AND ADVERSITY

Now imagine a realistic challenge: a mistake, a bad call, a difficult opponent, an unexpected change, or a moment of pressure. Notice the first emotional reaction without judging it.

See yourself exhale. Release the last moment. Use your reset word. Return your eyes and body toward the next responsibility.

You do not need the situation to be easy. You need your response to be disciplined. See yourself re-engaging with courage, composure, and clear attention.

The challenge I will rehearse

My reset response

GUIDED VISUALIZATION - FINISHING STRONG

Imagine the final stage of competition. Your body may be tired, but your decisions remain clear. You continue communicating, competing, and responding one moment at a time.

See yourself staying connected to your role. You are not chasing the result. You are executing the next controllable action with discipline.

Picture the competition ending. Regardless of the outcome, you know you prepared intentionally, competed courageously, and responded with character.

Take one final breath and repeat: Train your mind. Trust your preparation. Perform your best when it matters most.

MY PERSONAL VISUALIZATION PLAN

When and where I will practice

The opening moment I will rehearse

The pressure situation I will rehearse

The response I want to strengthen

The final confidence phrase I will use

MAKE MENTAL REHEARSAL PART OF YOUR PREPARATION

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

ADMPC.co

Educational use only. This script supports mental performance development and is not a substitute for medical or mental-health care.