



VISUALIZING YOUR PERSONAL BEST (A Guide to Creating Positive Running & Racing Affirmations)

- Create your race or workout plan.
- See, hear, and feel yourself while running this plan in concise detail.
- Write down or make a tape recording of all the details you see, hear, or feel. (See, hear, and feel yourself achieving your first running/racing goal).
- In writing, describe with clear detail your newly achieved fitness level and how it makes you feel. Be sure to include any comments you may receive from family and friends, how it makes you feel to achieve a faster race time, run a mile farther than ever before, etc.
- Along with the details you have described, picture yourself being completely in relaxed, confident and in complete control of both your body and state of mind. Recall specific “trigger” words – those words that help you feel confident and in control of your life.
- Put all of the above information into a script and after editing it, slowly read it into a tape recorder, or if there is someone who particularly motivated you have them read it and record it so it is their voice you hear.
- Listen to your tape (or read your outline) and change your script or tape until satisfied.
- Listen to your finished tape or read your final script as often as you want and recall the visual images that reflect your running goals. Do this in a quiet place where you will not be disturbed.

Important Points To Remember & Incorporate:

- Always keep the images and your self-talk positive...create a strategy for dispelling negative self-talk and/or images.
- The self-talk should always be in the present tense. (This is easier for your subconscious to accept..as if is really happening). “I feel so strong today during my interval session. As if I am floating without effort.” OR “It is so wonderful to enjoy the last few miles of the long run with a confident, happy outlook. My running partners all comment on how fit and strong I look and how my form appears effortless.”
- Repetition and frequency of affirmations is the key. Your sub-conscious mind will accept as fact, what is repeatedly affirmed via self-talk and images. ***Bottom Line: Your rational mind does not have to accept the “image” for your sub-conscious mind to record the image or affirmation as reality. The sub-conscious mind controls much of our action...giving back exactly what has been “reported” to it.***

