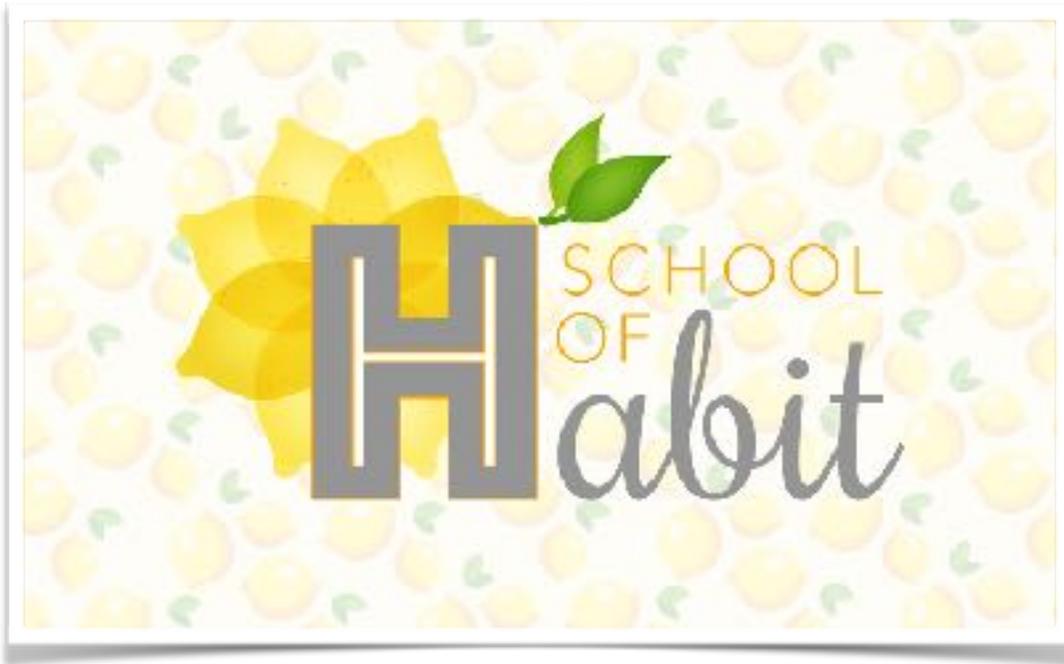


Mental Rehearsal

PURPOSE | AWARENESS | GRIT | PREPARATION | MINDFULNESS



Linking Pleasure

Enjoyment is what drives our habit loops, and habits are the actions we take on a daily basis. Our habits are built on what feels most pleasurable, because without pleasure our actions will not turn into long term habits.

Changing Habits

The good news is that we have the opportunity to change which behaviors are linked to pleasure. We can exponentially increase our motivation and follow through by actively working to enjoy the making the right decision.

Practicing Mental Rehearsal

Research shows that physical progress can be made with a simple mental rehearsal. How does it work?

Mental Rehearsal is a technique used by champion athletes. Athletes imagine the game from their perspective as though they are actually completing, like a mental trial run. They “mentally rehearse” their performance by breaking it down into tiny components. Research shows physical progress can be made with this simple mental rehearsal.

1

Helps you practice overcoming habituated resistance

2

Links pleasure with health behaviors in the brain

3

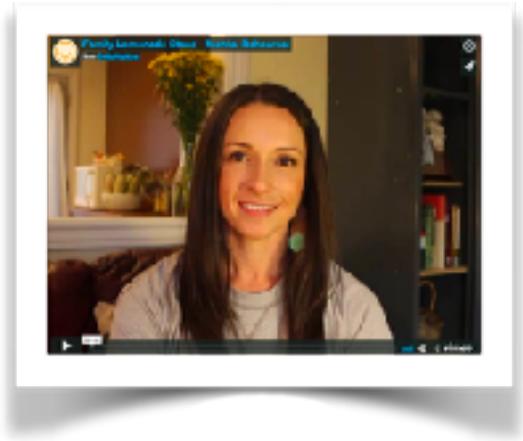
Motivates you to follow through in a way you haven't been able to do in the past



Practicing Mental Rehearsal

Use this practice to overcome any habituated resistance you feel and build the confidence that you can succeed.

To start, sit with a tall spine. Scan your body for any tension a tune into the pace of your breath. Soften your shoulders and your jaw without collapsing your posture. You can fully relax; nothing to do, nowhere to be. Step into the version of yourself that is experiencing the outcome you want to see. Walk yourself through the entire practice, from lacing up your shoes to your recovery drink. Every detail is important! As you move through the rehearsal, be sure to drink in every emotion and center yourself within the experience. When you experience pleasure, take note!



Sample Script - Running

Step into the version of you that is 100% committed to this outcome. See through the eyes of that version of you and hear the music playing in their ears. What a beautiful day it is! As you begin anticipating the warmth of the sun on your back and the morning breeze, you notice an eagerness to get outside. See yourself lacing up your shoes, taking that last trip to the bathroom, a few sips of water, and you are ready to go. Today you're going to jog for 20 minutes straight at the pace that's exactly right for your body. As you open the door, you may immediately notice the fresh air hitting your cheeks, making you smile because your body craves this and you are excited to be out the door. Perhaps you are already imagining how good you are going to feel afterwards. For these next 2 minutes, I want to invite you to engage all the senses. See what you see while you run, hear the sounds, and taste the salt on your lips as you begin to sweat. Smell the crispness of the air and touch your feet to the earth with each stride. Take a deep breath. Feel that? The lungs are open and you are clearing out all of the emotional clutter, all of the resistance, and you are choosing to relax into your best self. Notice the thoughts you are thinking as you pick up the pace, breathing even deeper. Like a dial on a stereo, we're going to turn up the volume on your senses. Scan the senses. You have so much energy that you decide to tackle a hill. As you are running up this hill experience all the sensations, all the pleasure, all the muscles fired up and engaged. You smile to yourself because you taste your power from within. You realize you are committed to being the best version of you that you can be. You see the top of the hill, and you know with certainty that you can make it to the top. You are breathing heavy but still in control. Letting the face relax, the shoulders melt down the back, letting the breath in and out, in and out. Steady. Focused. Present. See the top of the hill. Feel your lungs expanding. Hear your heart beating and feel your pulse is getting faster. Savor the sensation of your legs firing up. It burns, and you feel strong. The sun is warm on your back, and you wipe the sweat on your forehead. You've found a natural, steady rhythm in the zone. Nowhere to be and nothing to do. Focusing on the top of that hill, you realize you're almost there. Those final strides, your legs grow longer, arms swinging faster, and you keep going. You're feeling the heat radiating out of your body and you're breathing deep into the lungs. Look through your eyes and see the finish line. The corners of your mouth turn up in a victorious smile because you made it and you feel euphoric. How lucky you are to have this body that gets to feel, this body that can do so much. A few calf stretches, then twist to one side and the other. You jump in the shower and feel the water cascading down your back. You take a moment to relish the feeling of accomplishment.