

# MENTAL TEST



THE COACHING MASTERS

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What happens in the outside world must first happen in the inner world, so instruct your clients to mentally rehearse their goals and tasks. This will make them real in your mind so that later on they will manifest in the outside world.

Mental rehearsal works. But, like any process, you have to follow certain rules. You can teach this next pattern to your clients during one of the first coaching sessions so they can use it on their own terms whenever they want.

## THE PROCESS:

**1 - Set the goal. See it in detail so you're absolutely sure what you're going to have to do to achieve it.**

**2 - Relax.** See yourself doing the task exactly the way you want. It is important that you see yourself in a dissociated mental image. You still couldn't imagine actually doing it. You should be like a director of your own movie, where you are the main protagonist.

**3 - Make this movie as perfect as possible. Imagine as many details as possible** – where you are, the clothes you are wearing, who is in this place with you. Use all your representational systems. See the images as clearly as possible. Hear the sounds, feel your body movements, including your sense of balance. The richer the details, the more effective the process.

**4 - When you are satisfied, you can associate within the image, that is, suppose to actually do something.** See what you would visualize if you were doing this. Hear what you would hear. Notice the other people in the scene and the way they are reacting.

**5 - If you don't feel well, go back and see yourself in the movie again, and make adjustments later.**

**6 - When you are completely happy with what you see, book it as a private videotape in your personal Blockbuster collection. You can see it whenever you want.**