

Quality #2: Goals and Expectations

Mental Rehearsal

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Mental Rehearsal (20) minutes**
- **Download PDF of Practicum**
- **Listen to or read Scroll VI three times a day**

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Mental Rehearsal

Mental rehearsal is the first of five constructive mental creation processes. Using mental rehearsal we can create a clear vision that will ignite passion and drive discipline, focus, effort, and action. When we mentally rehearse, we “play out” or “experience” on the stage of our mind a difficult or challenging assignment, task, or future event in an effort to improve skills, prepare, or mitigate fear. This is not about scripting, it is about spontaneously experiencing the event in this sacred space of our mind – a mind free from the dark and destructive processes of fantasy, imagined catastrophe, and counterfeit pleasure.

Mental Rehearsal is much like fantasy - vivid visualization – but with a different intent. We are not escaping and avoiding the rigors of life, we are intentionally coming to this sacred space in our mind to receive instruction.

Share experiences (a speech, presentation, special event) in which you have mentally rehearsed prior to the actual experience.

In what ways did this process better prepare you for the experience?

We would never want to trade very real experiences like these for a norepinephrine driven escape and avoid fantasy or counterfeit pleasure.

Review Peter Vidmar’s story.

How did Peter and his teammate Tim Daggett mentally rehearse?

What did you learn from this inspiring story?

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If you can imagine owning and driving an exotic sports car, living in your dream home, or can feel what it would be like to be rich or out of debt, you can do this, too, and at a very high level. It just takes a conscious decision to let go of fantasy and engage in life and engage your gift in constructive thought. With a little discipline and practice, you will be a master of mental rehearsal.

Consider an event in the near future particularly one that will be difficult and practice mental rehearsal with your coach.

What do you want to create during this event?

How can you create it?

How will it serve others?

Practice putting yourself at the event; don't come with a script; instead come to be instructed. Just be in the experience. Have a desire to lift and build and bring abundance to the people or person involved. If your mind wanders, follow it. See what you can discover. This sure is better than spending this time stoking the fire of frustration and anger.

What might happen if we engage in catastrophizing instead of mental rehearsal?

What happens when we bring anger, blame or defensiveness to a difficult situation?

This principle can be applied to business building - cold calls, warm market calls, interviews, presentations, projects, speeches, sales, unpleasant and difficult tasks. It can be applied to relationship building – dating, courting, commitment, children, in-laws. It can be applied to almost every life circumstance or challenge we face.