

Skill development mental rehearsal (by Williamon, 2004)

- Before visualizing, take a moment to relax as described before
- See yourself in a place where you can practice or perform the skill you want to improve
- Now, see yourself approaching your instrument, and when you have reached it, prepare to play. Find the place that feels right, as you did before. Notice what you do to prepare yourself.
- Begin to play. Notice what you can see and hear as you observe yourself. How do you use your arms and head?
- Take a deep breath, and now watch the same scene from somewhere else – a different viewpoint. Again, pay attention to all the details
- Rewind the image to the beginning, and this time step into the image of yourself in the scene. You are now inside your body. Notice what your whole body feels like when you are playing.
- Rewind and repeat this one more time, this time focussing on different parts of your body or different aspects of your technique
- Stop the practice. Take a breath, move away from your instrument and leave the room
- Let the scene fade and slowly bring your attention to your present environment.