

**Website menu- Tools to perform
Performance indicators, Imagery**

Performance Indicators – IMAGERY

A great use of a mental skill

Applies to your recall of previous great delivery execution, performances

Applies to important victories

A tool to reinstate confidence in this current event

Part of the preparation facet for an event as it gets the mind ready to perform

‘see’ the perfect delivery, every time

Lachlan Tighe, 2015.