



Performance, Awareness and Visualization  
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### **Exploring the Power of the Mind**

- The Brain: The Human Computer
  - Consciousness and action
- The Mind: The Brain's Software
- Cognition—Thinking
- Basic Units of Thoughts
  - Images
  - Muscular responses
  - Language

### **Motivation: Forces that Push and Pull**

- Needs
- Incentives
  - Internal
  - External
- Competitiveness and Achievement Motivation

### **Mental Training**

- Using Mental Imagery to Improve Performance
- Visualization/Imagery: Thoughts Taking Form
- The Power of Self Talk
- Awareness: Following Your Intuition

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