

Visualization Assessment

0	1	2	3	4	5
Does not Apply	Never	Seldom	Sometimes	Usually	Always

<u>Check the number that applies</u>	0	1	2	3	4	5
• I <u>have trouble</u> seeing myself being successful						
• I need frequent reassurance about my success						
• I think about what I <u>should not</u> do						
• I see myself failing						
• I focus on where not to hit my shot						
• I am negative.						
• I focus on what not to do						
• I <u>do not</u> have written 1 year goals						
• I am suspicious of others						
• I have <u>no</u> dreams about my future						
• I anticipate problems						
• I <u>do not</u> have precise goals (Dreams)						
• I focus on the success of others						
• I get bogged down with obstacles that block my goals						
• My mind drifts to negative anticipation						
• I have intrusive thoughts of hazards as I address my ball						
	0	1	2	3	4	5
• I focus on my past failures as I plan for the future						
• I am fearful of repeating past failures						
• I believe I will not succeed						
• I have intrusive thoughts of my past failures						
• I have trouble motivating myself						
• I see myself as less than others						
• I need to look good for others						
• I avoid social situations						
• My mental pictures are negative						
• Small problems occupy my mind						
• I have intrusive thoughts of past bad shots as I set up to the ball.						
• My "dreams" are hampered by my life's circumstances						
• I give up on projects when I encounter difficulty						
• I <u>do not</u> make list of things I want to get done						
• I stand over a shot with no plan or target						
• I never seem to get to the things I like to do						
• My life is filled with small things that block my dreams						