

Alternative Mental Rehearsal

Sample Script for Jogging/Running

COACH: “Step into the version of you that is 100% committed to this outcome, see through his/her eyes, and hear the pumped up music playing in his/her ears. What a beautiful day it is. As you begin anticipating the warmth of the sun on your back and the morning breeze, you notice an eagerness to get outside.

See yourself lacing up your sneakers, taking that last trip to the bathroom, a few sips of water, and you are ready to rock. Today you’re going to jog for {20 minutes} straight at the pace that’s exactly right for your body today.

As you open the door, you may immediately notice the fresh air hitting your cheeks, making you smile because your body craves this, AND you are excited to be out the door. Perhaps you are already imagining how good you are going to feel afterwards. Allow yourself to feel a growing sense of claiming your power, BECAUSE you already know that when you exercise consistently, you are most in your power. You are more patient, more resilient, more energized, and more alive and engaged on ALL levels.

For these next 2 minutes, which will feel like a 20-minute workout to your body, I want to invite you to engage all the senses. See what you see while you run. Hear what you hear (the music in your ears or the sway of the trees). Taste the salt on your lips as you begin to sweat.

Smell the crispness of the air and touch your feet to the Earth with each stride. Exercise makes you feel so good, AND you are always so happy that you did it BECAUSE you have all this fresh blood and fresh oxygen going to the brain. It’s like putting yourself through a soul washing machine.

Tony Robbins says ‘if you want to change the emotion, change the motion’10 minutes in and already your body is getting lighter, tighter, more toned, and strong.

Take a deep breath. Feel that? The lungs are open, so open you can take the deepest breath you’ve ever taken and it feels so good...Like you are clearing out all of the emotional clutter, all of the resistance AND you are choosing to relax into your best self. Perhaps you are aware of how lucky you are to have this beautiful body BECAUSE you get to feel. Notice the thoughts you are thinking as you pick up the pace, breathing even deeper.

You might notice the beauty that surrounds you. Let yourself tune into the perfection of everything lining up for you. Hear the sounds of life all around you, orchestrated for your growth and evolution.

Like a dial on a stereo, we’re going to turn up the volume on your senses. Scan the senses. Allow yourself to feel into your body experience, its magnificence.

You have so much energy that you decide to tackle a hill. As you are running up this hill, see out of your eyes. Experience all the sensations, all the pleasure, all the muscles fired up, engaged, feeling lighter and tighter. AND you smile to yourself

because you taste your power from within. You realize you are the only you that will ever be born, and you are committed to being the best version of you that you can be.

See yourself claiming this power, your power, consciously choosing to resonate at a higher frequency. BECAUSE when you move your body, you get in a groove. You are most in power. You have more energy, feel more attractive, more alive and engaged on all levels. You see the top of the hill, and you know with certainty that you can make it to the top. You are breathing heavy but still in control. Letting the face relax, the shoulders melt down the back, letting the breath in and out, in and out. Steady. Focused. Present. See the top of the hill. Feel your lungs expanding. Hear your heart beating and feel your pulse is getting faster. Savor the sensation of your legs firing up. It burns, and you feel strong.

The sun is warm on your back, and you wipe the sweat on your forehead, which is a great sign BECAUSE your body is cleaning out. AND you're finding a natural, steady rhythm in the zone, nowhere to be and nothing to do. Just focus on the top of that hill. Almost there, final strides, push it, legs growing longer, faster, arms swinging at your sides AND you keep going, feeling the heat radiating out of your body, breathing deep into the lungs.

Look through your eyes and see the finish line. The corners of your mouth turn up in a victorious smile, BECAUSE you made it AND you feel euphoric. How lucky you are to have this body that gets to feel, this body that can do so much.

A few calf stretches, twist to one side, then the other, cool down. Feel the hot shower cascading down your back. You tell yourself, 'yes, I feel so freakin' good right now. I am ready for anything.'