

# VISUALIZATION

Visualization is any technique for creating images, diagrams, or animations to communicate a message. Visualization through visual imagery has been an effective way to communicate both abstract and concrete ideas since the dawn of humanity. Visualize yourself succeeding. Use every sense you can. Don't just visualize winning, but the whole process of a match and wrestling tournament. Visualize yourself overcoming fears.

**Sit in a quiet place and envision a wrestling match.** Go through an entire 6-minute match in your head. Write down your findings and email us back at [myrmidonwrestling@gmail.com](mailto:myrmidonwrestling@gmail.com) your response.