



Imagery Training Session – Workshop #4

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My performance is defined by peaks and valleys. I thrive within peaks in valleys. My breath creates peaks and valleys; quickly ascending to the top of the highest peak, fully inflating my lungs, maximizing my potential. Consistently in rhythm, I drive the breath from the lowest point of my lungs, pressing onward until the very last ounce is driven, as powerfully as the first, through my instrument and into the crowd. And from that valley comes another peak, my lungs instantly and effortlessly filled to the brim, ready to repeat the cycle.

My performance is defined by peaks and valleys. I thrive within the peaks and valleys. My energy creates peaks and valleys; radiating through the theater, driving my passion for the music, connecting me with my trusted teammates and allowing me to simultaneously blend into the group and to become more myself than I have ever been. At its lowest point, my energy can be replenished as I draw passion from those around me, connecting my purpose with the sounds echoing throughout this theater. My performance is peaks and valleys; a series of crescendos and tempos, flowing up and down, connecting my emotion to the music that gives the theater purpose. My performance is peaks and valleys; stumbling and recovering, thriving and relentlessly driving forward. My anxiety is peaks and valleys; the stress comes and it goes, helping drive me to address critical points of my performance and giving me the push I need to ensure I am prepared. I am the peak, and I am the valley, flowing with the music and being all I can be in each moment.



Reflection:

What is your favorite part of your script? Why? Can that part be re-integrated in another section?

Are there parts of your script that take you out of your ideal emotional state? If so, can they be improved, altered or removed?

When do I want the emotional state that this script creates? Immediately before, on my trip in, during the performance, after it? Multiple times?

Can my script be implemented at all of the above times? If not, can an adaptation or brief excerpt be utilized?



Timeline (routine):

Script Fine Tuning: