



WARRIOR TOUGHNESS: CRITICAL SKILLS

Mental Rehearsal: See the Success



REHEARSE

EVERY STEP

FROM CHALLENGE

TO SUCCESS

Mental rehearsal, including visually preparing for an event and its desired outcomes, activates the same parts of your brain as doing the task itself. The key is to be in a controlled environment before the event and to be vivid, using all of your senses to visualize the event.



Visualize the scenario.



Anticipate challenges.



Picture the scene.



Visualize success.



Use positive self-talk.



Engage the senses.

PRACTICE

REFINE

REPEAT

THE MORE YOU REHEARSE MENTALLY, THE BETTER YOU PERFORM

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

