

Grade 10 November Part 1

Keys to success: Picture, plan, practice, produce

Would you like a magic formula to help you succeed? Try "imaging." By visualizing, step-by-step, a task or performance through to its conclusion, we can succeed better than we originally thought possible. The key is to focus on success.

Picture, in your mind, each step you will go through to reach your goal. At each step of the way, see yourself succeeding.



One step at a time

Suppose you have to give a speech. You're nervous. You don't want to fail or be laughed at. Here are five steps to success.

1. **Picture** yourself preparing for your speech, gathering and organizing material.
2. **Imagine** yourself coming into the room, and walking to the front of the class.
3. **Visualize** yourself introducing your topic.
4. **See** yourself delivering the talk.
5. **Imagine** the looks and reactions of your classmates and teacher.

Don't rush it. Take your time at each step. See each and every aspect clearly. Picture each step to the final goal!



Don't delay: start today

The next time you have a class presentation to make, give yourself enough time to succeed. Set aside at least a week's preparation time. Each evening for five consecutive days, go through the five steps to success. Each day, refine, improve, polish the previous day's images and work.



Make it real

On the sixth day, make it real. Share your impressions. Call on your greatest resource—your family. You have "imaged" the situations clearly a number of times. Now, act out the whole sequence with family members.

Have different members take different parts. It's your presentation, so you play the presenter.



Have another family member play the teacher. Other members will play the role of classmates.

After this role playing is over, share with one another your impressions of what occurred. From your different vantage points, what went well? What could be improved?

Now, change roles. You become the teacher. Have someone else play the presenter. What have you seen in this new role? How does it feel? What new ideas or impressions have you gained? How can these help improve your presentation?

One final time, "image" deeply and dynamically your newly improved presentation. Now, deliver it with confidence!

Regardless of what you are undertaking, imagine how you are going to succeed. See yourself succeeding at each step along the way. And succeed you will!



"The surest way not to fail is to determine to succeed."

— Sheridan