

## CHECKLIST 6.4 **Selecting and Using Visual Imagery**

Rate yourself regarding the following statements:

	<b>Consistently</b>	<b>Inconsistently</b>	<b>Never</b>
I use visual imagery to relax my students, players, or participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I collaborate with others to determine the most appropriate visual imagery technique to relax my students, players, or participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>