

Explore your VIWA®



Get your player to relax by doing some relaxed breathing

Only focus on your breathing – take some really deep breaths and let the exhale happen by it self.

Ask her/him now to:

Go into the court – imagine/see in your mind – you as a winner.

Maybe you see yourself playing a game you have played in the last 6 months/year, or you just see yourself at your very best with winning attitude – VIWA, with big self-confidence, and strong.

You do perfect technical strokes, always in good balance, playing the perfect rally.

Take your time to see yourself performing perfect, maybe in slow-motion and notice what happens inside you, what you see, what you hear and what you feel.

Now I will ask you some questions, some will be strange and some easy to answer. Just take your time to find the answers in your mind or in your body.

How do you feel?

How do you feel in your body?

How do you feel that?

Where in you body do you feel it – is it moving around or?

Where do you feel it first?

Just sit and enjoy the feeling a little while

Try to describe it more precise –

What shape – like a square, cube, container or other shape?

Is it warm or cold?

What size – show eventually with your hands

What color – dark, light, clear

What do you hear? Do you hear anything or is it quiet, when you see yourself with self-confidence

Is it spreading energy to the rest of your body, or stays it where it is?

Can you feel the self-confidence in your whole body, or is it in one specific area?

Do you feel it stronger now?

On a scale from 1-10, where 10 is top, how is your VIWA/self-confidence now?

Try to get it to peak again and tell me how you feel it

- where
- how does it spread in your body –
- does it go to your arms and legs, head, other parts of your body

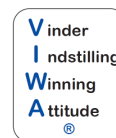
You may now open your eyes (if they were closed).

This feeling is your very good friend. You would like to spend time with your good friends.

Do the same with this new friend. The more often, you find him/her– the better and stronger is your VIWA.

Spend now 2 minutes, writing down the keywords about your VIWA.

Explore your VIWA®



Good luck with your VIWA.

Thank you for letting me help you making your VIWA stronger!

Name: _____

Date: _____

Description	VIWA
Shape/Form	
Where in your body Feel it first, and where does it go Does it move in a circle or spread out or something else? How is the movement – like what?/ Like a wave, punches, squirt, jet, beam, ray or something else?	
Colour	
Sounds	
Does it feel warm or cold?	
Smel/taste/	
Scale 1-10, when the feeling peaks (10 is max)?	