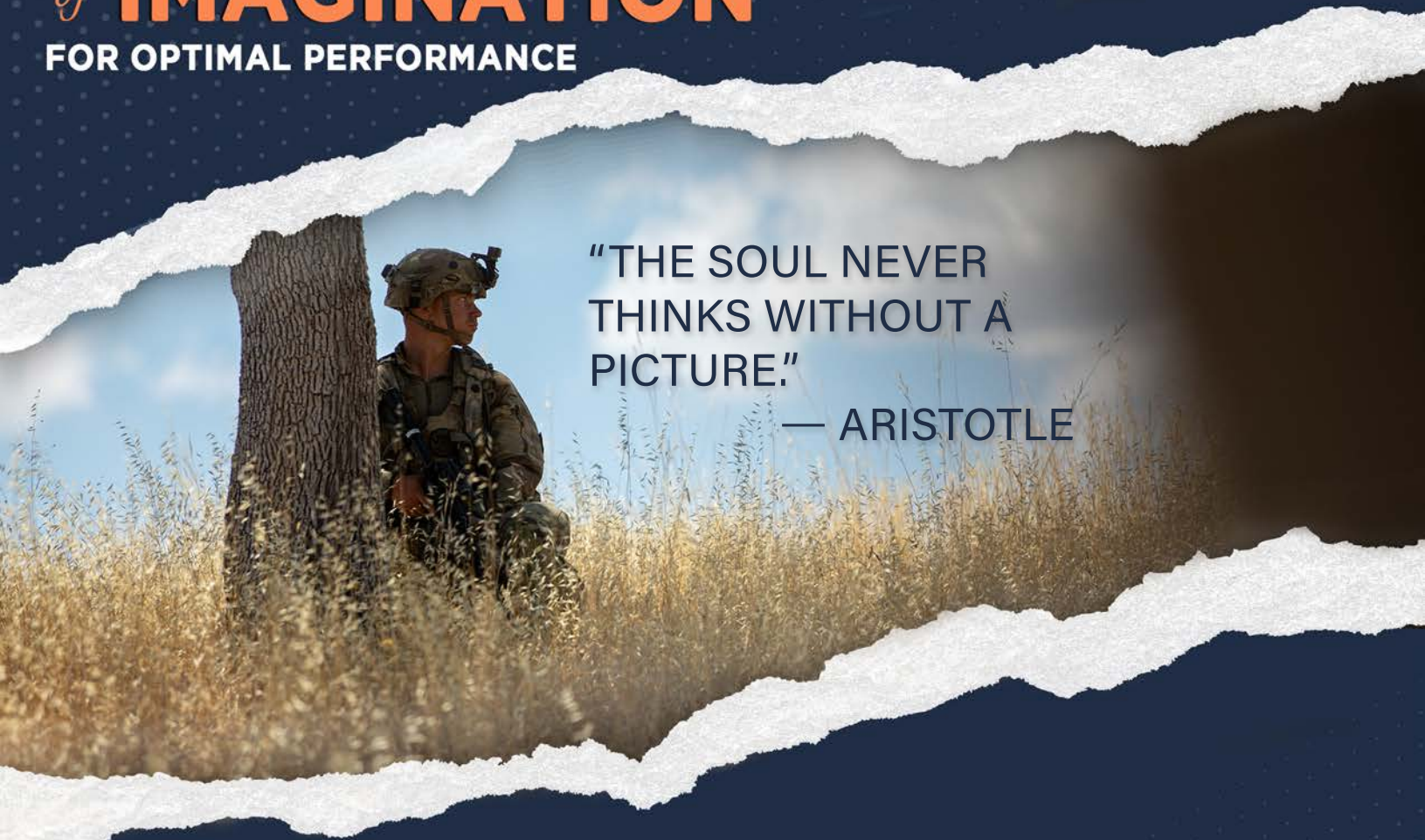


USE THE
POWER
of **IMAGINATION**
FOR OPTIMAL PERFORMANCE



"THE SOUL NEVER
THINKS WITHOUT A
PICTURE."
— ARISTOTLE

Imagery practice is most effective when we use all five senses—
what we see, hear, smell, taste and feel—to visualize a clear,
realistic, detailed mental picture of the experience.

Practice using imagery with **PETTLEP**:

- PHYSICAL
- ENVIRONMENT
- TASK
- TIMING
- LEARNING
- EMOTION
- PERSPECTIVE



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

For more ways to strengthen your resilience,
connect with us at:

www.armyresilience.army.mil



@ArmyResilience