

## Archery – The Perfect Shot

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This script has been written expressly for archers who would like to move forward from the status of weekend warrior to the level of a champion. They need to take the next step. They know that to do this they must be able to hit the bull repeatedly, time after time, as if on autopilot. Embedding the path to the perfect shot in their subconscious will make for the perfect shot in their reality.

### **(Script)**

. . . As you relax ever deeper and deeper, I would like you to use your power of imagination to now see yourself at your usual place of archery practice . . . today you will take your perfect shot . . . You know deep inside that your imagination creates your reality. At some level we all understand this . . . each and every one of us . . . Your imaginary shot of today will . . . will become your perfect reality shot of all your future practice and competition in the field of archery . . . it will be . . . automatic.

From this moment forward as you attend archery practice or competition and take your stance and begin the whole shooting process your mind will automatically switch to the perfect shot that you will have taken today with your imagination . . . the perfect shot you take today in your mind will forever be the perfect shot that you will always take . . . automatically . . . easily . . . in the most relaxed and confident fashion . . . of a champion.

See yourself now . . . you notice the target in the distance . . . all perfectly placed just for, you instinctively judge the correct distance . . . you take your stance and move through the setup . . . you are confident, comfortable and calm . . . You connect the nock with the bow just as it should be for a perfect release . . . your stance and posture is that of the champion you are. The outside world recedes from your vision and hearing as you focus on the task at hand . . . your breathing stabilizes . . . the strength for the job at hand flows warmly to all your muscles.

You now move through the process of drawing . . . anchoring . . . aiming . . . you instinctively aim . . . your mind automatically targets the bullseye for you . . . you think of nothing because there is nothing more to think of . . . it is all perfect just as it should be and will always be from now on for you.

You see yourself now . . . the most skilled archer of all time . . . ready to take the shot . . . and there it goes as you instinctively and automatically perform the release and then the follow-through . . . so relaxed . . . so right.

As if by some form of magic, in your minds' eye, you can now see, just as if you are

a small camera mounted on the shaft of the arrow . . . see now in your imagination the picture as the arrow, guided by your mental radar, flies ever so fast straight into the bullseye. You now know deep inside that that is the only place it could ever have gone to . . . and will ever go to . . . forever into the future . . . for you.

Just relax now and know that from this time forward whenever you move forward to take the stance you will relax deeply . . . and all by itself your mind will switch onto autopilot . . . and your conscious mind will move aside to allow your subconscious mind to automatically take the same perfect shot that you have taken today. The same perfect shot . . . always repeated . . . perfectly.