

## **Darts – When More Than Love is Needed**

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This is a script developed for dart players who absolutely love the game of darts, but, they want to go beyond just the love of darts. They want to excel at the sport they love. They need some mental skills to move on to things much bigger in the world of darts. This script will give them the confidence and the mentally enhanced abilities necessary to make the change they desire.

### **(Script)**

You know that the game of darts is a game of great skill. You also know that the skill is acquired through hours and hours of solitary practice and, of course, in competition . . . champions in any sport all agree that their chosen sport is not won by physical practice alone . . . the game has to be first won inside your head . . . where you place your darts in your thoughts is where you will eventually place your darts on the board.

Your mental conditioning is important to you . . . you have confidence in your abilities . . . you are always focused when you are throwing . . . you easily clear your mind . . . your accuracy is always getting better and better every time that you play . . . your throwing technique is constantly improving . . . you notice this each time you practice or play . . . you have a unique grip that is perfect for you . . . you are consistent in all that you do . . . you have the positive mindset required to win . . . you have patience and above everything . . .

. . . you love darts.

As you relax deeper and deeper I'd like you now to imagine yourself at your next competitive dart game . . . that's right . . . good . . . take your time . . . picture in your mind your surroundings, hear all the noises, the crowd, smell all those familiar odours . . . the smell of a competition.

As you step forward to the throw line to take your turn your body relaxes . . . you are stable, grounded and balanced . . . your eyes lock on the target . . . you focus as your breathing stabilizes . . . you are calm and confident . . . you remember to keep the tip up . . . see yourself very clearly now . . . your aim, your stance, throwing technique, your wrist action and follow-through, as usual for you, are all perfect . . . watch the darts hit their mark and you are successful once more. See yourself receiving pats on the back and hear the cheers for shots well played.

. . . from this day forward you will always perform this visualization ritual just before every game that you play. You will make the necessary time for it. You know instinctively inside that it brings you success . . .

You always enjoy your game, whether practice or competition because you know in your heart that you have done all that you could possibly do . . . you know that after the perfect throw and follow-through the dart goes where it goes . . . you waste no time at all on regrets about flyers. You know that they happen to all players from time to time no matter what level of experience or skill . . . you will always quickly refocus, relax and ready yourself for the next throw, totally confident of your success . . . just like the champion you are. Whatever we do, that we love, we do well . . .

You love darts.