

Assessing the Effectiveness of the Cognizant Tree Creative Visualization Technique in Enhancing Personality Skills among Adolescents in Muzaffarpur District

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Abstract

The main aim of this quasi-experimental study examines the impact of a cognizant tree intervention on personality traits among 124 male and female adolescents in the Muzaffarpur district. Pre- and post-intervention data were collected on multiple personality skills. The results revealed significant changes in several personality traits following the intervention. Specifically, there was a significant increase in self-awareness ($t = -8.249$, $p < 0.001$), boosted self-confidence ($t = -11.271$, $p < 0.001$), self-esteem ($t = -6.577$, $p < 0.001$), and motivation ($t = -10.688$, $p < 0.001$). Moreover, participants reported a significant decrease in anxiety ($t = -16.006$, $p < 0.001$), depression ($t = -17.463$, $p < 0.001$), and perceived stress ($t = -16.393$, $p < 0.001$). Additionally, there was a significant improvement in inner strength ($t = -6.737$, $p < 0.001$) and an elevated power of mind ($t = -10.652$, $p < 0.001$). These findings suggest that the intervention had a positive impact on various personality traits, leading to enhanced self-awareness, self-confidence, self-esteem, motivation, and overall well-being. The observed reductions in anxiety, depression, and stress further highlight the beneficial effects of the intervention on psychological well-being. These results contribute to our understanding of the potential effectiveness of the intervention in fostering positive psychological changes.

Keywords: Cognizant tree, Self-Awareness, Deep Relaxation, Inner strength

Introduction

Creative Visualization is a technique that harnesses the power of imagination to create mental images of desired outcomes. By vividly imagining a specific picture, concept, or emotion related to one's goals, individuals can manifest their aspirations. This practice is based on the idea that the mind and body are interconnected, and that thoughts and mental imagery can influence emotions, behaviors, and even physical well-being. Supported by psychological and neurological principles, creative visualization is a tool for shaping one's reality through the focused projection of positive energy onto their goals until they are achieved.

Neuroplasticity, the brain's ability to rewire and remodel itself, is a crucial factor in creative visualization. By frequently engaging in vivid mental imagery, we can strengthen neural pathways related to our desired behaviors and outcomes. The reticular activating system (RAS), a network of brainstem neurons, plays a pivotal role in directing attention and filtering sensory data. When we picture specific goals or experiences, the RAS becomes more attuned to

opportunities and resources in our environment. Research on the motor cortex indicates that vivid mental imagery of physical actions activates the same brain regions responsible for performing those actions, suggesting the value of mental training for enhancing skills. Visualization can evoke positive emotions associated with desired outcomes, contributing to emotional well-being. It also aids in building comfort and confidence by allowing us to mentally practice challenging situations or desired behaviors, potentially improving performance. Moreover, scientific evidence shows that visualization can impact physiological processes, such as lowering heart rate, blood pressure, and stress hormone levels when imagining relaxation or healing. While ongoing research explores the mechanisms of creative visualization, it's clear that combining vision with action, effort, and an appreciation of contributing factors is most effective in shaping our reality.

The studies have found positive results from using creative visualization model: A study has found that athletes who used creative visualization process achieved excellence in their

sport than those who did not use visualization J.A. Munroe, J.A. Giacobbi, (2011). It can be helpful to use "spontaneously occurring fragments of visualization, which emerge in the form of symbols, metaphors, and similes" during treatment. The use of images by the client can "restore meaning and feelings of integration or wholeness" with the support of maintaining consciousness and tuning in Hall *et al.*, (2006). In a study, older persons who practiced mindfulness, which included visualization, reported feeling less stressed, having an easier time falling asleep, and having less sleep disturbances O'Black, Reilly, Olmstead, Breen, & Irwin (2016). Our imagination serves as a potent tool for self-exploration and encouraging behavioral transformation Thomas (2016). Visualization is useful for practicing and improving performance in sports, and it can be used in therapy to comprehend issues and mould personalities Kremer, Moran, & Kearney (2019); Thomas (2016). Patients in a progressive care unit who received a guided imagery recording lasting 30 minutes reported better sleep, according to research by Patricolo *et al.* (2017).

L.L. Kipper and R.M. Kipper (1987) investigated that those individuals who utilized visualization to lessen stress and anxiety saw notable indicators of improvement. P.A. Gollwitzer and P.J. Brandstatter (1991) observed that when doing a task in reality, persons who envisioned success were more likely to really succeed. J.A. Cumming and J.A. Ramsey (2008) found that athletes in a range of sports, including swimming, gymnastics, and golf, performed better when they visualized a successful performance before an event. J.L. Dzewaltowski, D.L. Dzewaltowski, and T.J. Dowda (2003) indicated that those who saw themselves exercising frequently were more inclined to begin and continue doing so. Emilie Pelletier investigated that in order to build a successful mindset that overcomes psychological barriers and yields beneficial results, one might change patterns of failure by repeatedly visualizing accomplishing one's goals. Objectives: To explore the impact of the cognizant tree creative visualization technique on heightened self-awareness, motivation, and an optimistic outlook among male and female adolescents.

To examine the effects of the cognizant tree creative visualization technique on regenerating reactions and fostering an inner locus of control among male and female adolescents.

To assess the influence of the cognizant tree creative visualization technique on boosting self-confidence, self-image, self-balance, and self-centeredness in male and female adolescents.

To investigate how the cognizant tree creative visualization technique can reprogram old beliefs, leading to changes and reshaping of the inner world of male and female adolescents. To examine the role of the cognizant tree creative visualization technique in promoting mindfulness and self-care practices among male and female adolescents, including the capacity to prioritize self-care for happiness, physical and emotional well-being, and stress management.

To assess the impact of the cognizant tree creative visualization technique in inducing deep relaxation, peace of mind, inner strength, and an elevated power of the mind among male and female adolescents.

H_0 : There would be no significant difference in self-awareness, motivation, and an optimistic outlook between male and female adolescents in Muzaffarpur District following the implementation of the pre and post intervention of cognizant tree creative visualization technique.

Research Methodology

Sample: A quasi-experimental research design was applied to assess the impact of the cognizant tree intervention on personality traits in a sample of 124 male and female participants from the Muzaffarpur district. Pre- and post-intervention assessments were conducted to measure personality traits using validated scales. The male and female group were received the cognizant tree intervention; Randomization was not be feasible due to practical constraints. The experiment consisted of two parts. Firstly, a pre-test was conducted to obtain ratings of various personality traits from the participants. Following this, a creative visualization cognizant tree therapeutic intervention was administered at 15-day intervals. After a total intervention 5 times within 75 days, a post-test was conducted to reassess the ratings of personality traits in the same participants. The purpose was to measure the impact of the Cognizant tree intervention. Feedback from all participants was also collected to gain insights into their experiences with the intervention. Data Analysis: Descriptive statistics and paired-sample t-test was used to analyze the data and examine changes in personality traits between pre- and post-intervention assessments. Informed ethical consent was obtained from all participants, family and from their institution head and confidentiality and privacy has been ensured throughout the study. The research was adhering to ethical guidelines and seeks necessary ethical approvals.

Instructions, Content (A Cognizant Tree) Method

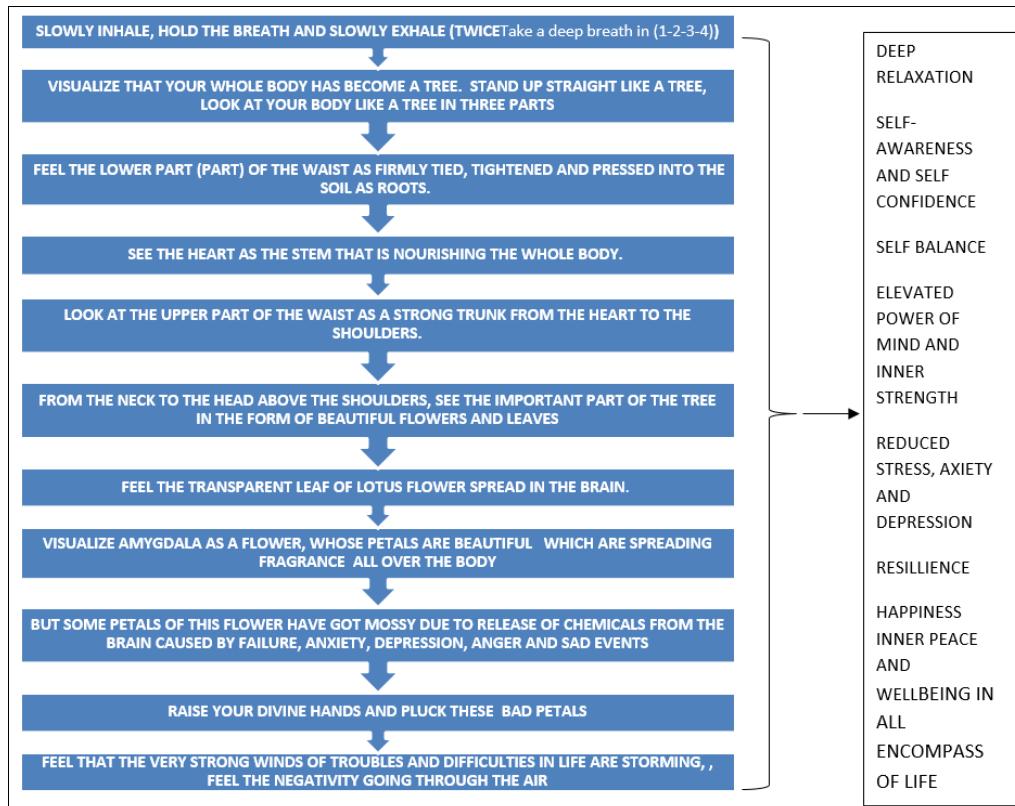
At the count of 1 2 3 4 take a nice deep breath in and hold the breath till the counting 1 2 3 4 and slowly exhale at the count of 1 2 3 4. Begin this therapy with breathing exercises like this twice. During therapy when instructed to stretch and move your divine hands, the hands are to be stretched out and the rest of your body should not move at all, as the branches of a tree shake in a gust of strong wind. When you are asked to raise your divine hands and pluck the petals, you have to actually raise your hands and pluck the petals of the flower. Close your eyes gently and visualize associated with my voice. Visualize that your whole body has become a tree. Stand up straight like a tree, look at your body like a tree in three parts and feel the lower part of the waist as firmly tied, tightened and pressed into the soil as roots. Look at the upper part of the waist as a strong trunk from the heart to the shoulders. See the heart as the stem that is nourishing the whole body. See and feel the stretch from shoulder to arm as strong branches. From the neck to the head above the shoulders, see the important part of the tree in the form of beautiful flowers and leaves. See and feel the lower part of the waist firmly tied to the soil in the form of a root, tightly bound and fastened. Feel the roots of the tree spreading deep, very deep into infinity, firmly bound. See and feel the gravitational force of the earth is gradually pulling and spreading the roots of the tree deep, very deep and infinitely deep. See the roots extend spread deep and firmly compacted and anchored in the soil. See and feel the heart as the stem that is nurturing the whole body

See and feel with your inner eye the top part of the brain as the most important part of the tree, in the form of beautiful flowers and leaves. Feel the transparent leaf of lotus flower spread in the brain. Feel the web of fine veins of the leaf and look with your inner eye and feel its electromagnetic effect in whole body. On the front side of the brain, see the cerebral cortex as a flower whose outer petals are grey in color and the inner petals are illuminated with white color light and feel its

light energy illuminating throughout the body. Next to it visualize Amygdala as a flower, whose petals are beautiful and bright like rainbow colors and which are spreading very fragrant fragrance all over the body, But some petals of this flower have got mossy due to release of chemicals from the brain caused by failure, anxiety, depression, anger and sad events. The rotten smell is coming from them that it is not allowing the fragrance of other flowers to spread in the whole body. One by one all the dry and mossy petals of anxiety, stress, depression, guilt, failure, despair, revenge, you have to pluck these bad leaves one by one with your divine hands, uproot them. You have to pluck, uproot and separate these spoiled and dry leaves. Take out these leaves one by one and throw them out. Remove all the leaves one by one with your hands and take a vow that you will not allow this type of moss to grow on these leaves.

A little further than this is blooming a blue colored flower of reticular formation, which is a bit withered due to lack of sleep. When the sleep is complete, it reaches the peak of its beauty. All these flowers are being nourished by the five elements. Feel that the very strong winds of troubles and difficulties in life are storming, raise your divine hands and shake as if the branches are shaking very loudly and very fast

Flowchart: Envision a Cognizant Tree



Result Analysis

For Analysis: Descriptive statistics and paired-sample t-tests, is applied to analyze the data and examine changes in

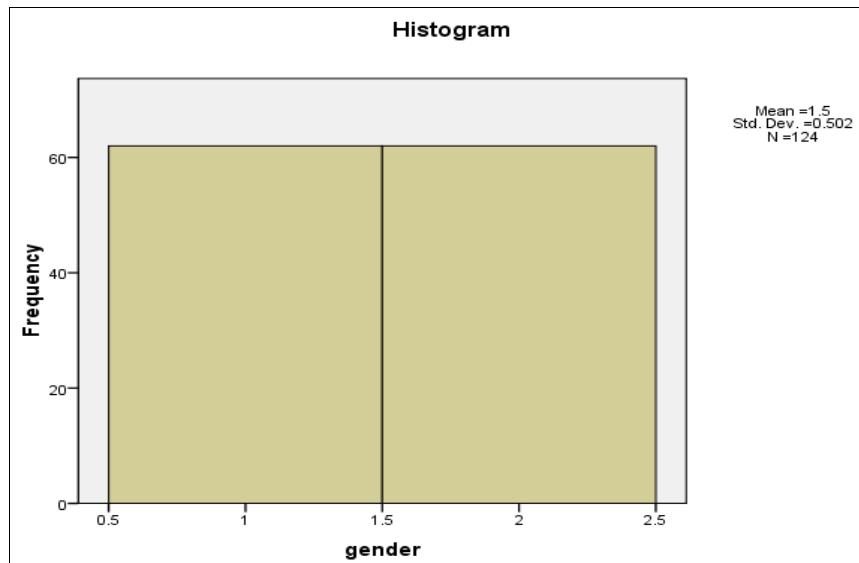
personality traits between pre- and post-intervention assessments.

Table 1: Descriptive analysis

Descriptive statistics												
N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance	Skewness		Kurtosis		
Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error	
Gender	124	1	1	2	186	1.50	.502	.252	.000	.217	-2.033	.431
Valid N(listwise)	124											

Table 2: gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	62	44.0	50.0	50.0
	female	62	44.0	50.0	100.0
	Total	124	87.9	100.0	
Missing	System	17	12.1		
	Total	141	100.0		



Results

The study included a total of 124 participants, consisting of both males and females. The descriptive statistics provide information about the gender distribution within the sample. The range of the gender variable was indicating that there were two categories: male and female. The mean value of the gender variable was 1.50, which suggests that the sample was approximately evenly distributed between males and females. The variance of the gender variable was 0.252, representing the average squared deviation from the mean. The skewness

value of the gender variable was 0.000, indicating a symmetrical distribution. The kurtosis value of the gender variable was -2.033, suggesting a relatively flat distribution with fewer extreme values. The valid number of cases analyzed for the gender variable was 124, indicating that there were no missing data or incomplete responses. These descriptive statistics provide a basic overview of the gender distribution in the sample, highlighting the approximate equal representation of males and females.

Table 3: Paired sample T tests. Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Self-Awareness	2.75	124	1.247	.112
	Self-Awareness	4.22	124	1.580	.142
Pair 2	Boosted Self Cnfidence	2.35	124	.956	.086
	Self-Awareness	4.22	124	1.580	.142
Pair 3	Self Esteem	2.63	124	1.213	.109
	Self Esteem	4.06	124	1.962	.176
Pair 4	Motivation	2.34	124	1.125	.101
	Motivation	4.17	124	1.627	.146
Pair 5	Optimistic Outlook	2.85	124	1.167	.105
	Optimistic Outlook	5.26	124	1.103	.099
Pair 6	Inner locus of Control.	2.23	124	.978	.088
	Inner locus of Control.	5.11	124	1.276	.115
Pair 7	Coping and Managing Stress	2.49	124	1.115	.100
	Coping and Managing Stress	4.88	124	1.180	.106
Pair 8	Self Image	2.97	124	1.268	.114
	Self Image	4.75	124	1.138	.102
Pair 9	Self-Balance	1.94	124	1.046	.094
	Self-Balance	4.99	124	1.291	.116
Pair 10	Self-Centeredness	3.31	124	1.199	.108

	Self-Centeredness	5.19	124	1.228	.110
Pair 11	Old Beliefs	2.56	124	1.163	.104
	Old Beliefs	5.24	124	1.226	.110
Pair 12	Mindfullnes	2.80	124	1.162	.104
	Mindfullnes	5.02	124	1.367	.123
Pair 13	Anxiety	2.72	124	1.130	.101
	Anxiety	5.12	124	1.240	.111
Pair 14	Depression	2.51	124	1.172	.105
	Depression	5.16	124	1.157	.104
Pair 15	Deep Relaxation	2.35	124	1.105	.099
	Deep Relaxation	4.67	124	1.208	.108
Pair 16	Peace of Mind	2.79	124	1.212	.109
	Peace of Mind	4.55	124	1.703	.153
Pair 17	Inner-Strength	3.59	123	1.158	.104
	Inner-Strength	4.62	123	1.232	.111
Pair 18	Elevated Power of Mind	3.21	124	1.077	.097
	Inner-Strength	4.60	124	1.235	.111
Pair 19	Elevated Power of Mind	3.21	124	1.077	.097
	Elevated Power of Mind	4.36	124	1.569	.141

Table 4: Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Self-Awareness & Self Awareness	124	.032	.724
Pair 2	Boosted Self Cnfidence & Self Awareness	124	.008	.933
Pair 3	Self Esteem & Self Esteem	124	-.123	.173
Pair 4	Motivation & Motivation	124	.075	.408
Pair 5	Optimistic Outlook & Optimistic Outlook	124	-.034	.709
Pair 6	Inner locus of Control. & Inner locus of Control.	124	.058	.525
Pair 7	Coping and Managing Stress & Coping and Managing Stress	124	.002	.979
Pair 8	Self-Image & Self Image	124	.068	.456
Pair 9	Self-Balance & Self-Balance	124	-.030	.737
Pair 10	Self-Centeredness & Self-Centeredness	124	.091	.315
Pair 11	Old Beliefs & Old Beliefs	124	.097	.282
Pair 12	Mindfullnes & Mindfullnes	124	-.029	.752
Pair 13	Anxiety & Anxiety	124	.007	.937
Pair 14	Depression & Depression	124	-.055	.545
Pair 15	Deep Relaxation & Deep Relaxation	124	-.151	.094
Pair 16	Peace of Mind & Peace of Mind	124	.025	.786
Pair 17	Inner-Strength & Inner-Strength	123	.005	.955
Pair 18	Elevated Power of Mind & Inner-Strength	124	.210	.019
Pair 19	Elevated Power of Mind & Elevated Power of Mind	124	.089	.324

Table 5: Paired Differences

		Paired Differences					t	df	Sig (2-tailed)			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence interval of the Difference							
					Lower	Upper						
Pair 1	Self-Awareness & Self Awareness	-1.468			-1.820	-1.116	-8.249					
Pair 2	Boosted Self Confidence & Self Awareness	-1.863	1.981	.178	-2.190	-1.536	-11.271	123	.000			
Pair 3	Self Esteem & Self Esteem	-1.435	1.841	.165	-1.867	-1.003	-6.577	123	.000			
Pair 4	Motivation & Motivation	-1.831	2.403	.218	-2.170	-1.492	-10.688	123	.000			
Pair 5	Optimistic Outlook & Optimistic Outlook	-2.403	1.907	.171	-2.693	-2.113	-16.392	123	.000			
Pair 6	Inner locus of Control. & Inner locus of Control.	-2.887	1.633	.147	-3.165	-2.609	-20.571	123	.000			
Pair 7	Coping and Managing Stress & Coping and Managing Stress	-2.387	1.563	.140	-2.675	-2.099	-16.393	123	.000			
Pair 8	Self-Image & Self Image	-1.782	1.622	.146	-2.075	-1.490	-12.060	123	.000			
Pair 9	Self-Balance & Self-Balance	-1.879	1.646	.148	-3.348	-2.749	-20.132	123	.000			

Pair 10	Self-Centeredness & Self-Centeredness	-2.677	1.686	.151	-2.170	-1.588	-12.790	123	.000
Pair 11	Old Beliefs & Old Beliefs	-2.218	1.636	.147	-2.963	-2.392	-18.569	123	.000
Pair 12	Mindfullnes & Mindfullnes	-2.403	1.606	.144	-2.541	-1.894	-13.574	123	.000
Pair 13	Anxiety & Anxiety	-2.653	1.819	.163	-2.700	-2.106	-16.006	123	.000
Pair 14	Depression & Depression	-2.323	1.672	.150	-2.954	-2.352	-17.463	123	.000
Pair 15	Deep Relaxation & Deep Relaxation	-1.758	1.692	.152	-2.635	-2.011	-14.732	123	.000
Pair 16	Peace of Mind & Peace of Mind	-1.024	1.756	.158	-2.125	-1.391	-9.478	123	.000
Pair 17	Inner-Strength & Inner-Strength	-1.395	2.065	.185	-1.325	-.723	-6.737	123	.000
Pair 18	Elevated Power of Mind & Inner-Strength	-1.153	1.686	.152	-1.654	-1.136	-10.652	123	.000
Pair 19	Elevated Power of Mind & Elevated Power of Mind	-1.879			-1.477	-.829	-7.050		

The table 4 shows the results of paired differences between the pre- and post-intervention scores for various variables related to personality skills. After analyze the results: For each pair: "Paired Differences" represents the mean difference between the pre- and post-intervention scores. "Std. Deviation" represents the standard deviation of the differences. "Std. Error Mean" represents the standard error of the mean difference. "95% Confidence Interval of the Difference" provides the range within which the true population mean difference is likely to fall with 95% confidence.

The last column, "Sig. (2-tailed)", represents the p-value associated with the paired differences. A p-value less than 0.05 indicates that the difference is statistically significant, suggesting an impact of the intervention on the respective variable. In this case, all the p-values are 0.000 (which is less than 0.05), indicating that the differences observed in all pairs are statistically significant null hypothesis is rejected. This suggests that the intervention has had a significant impact on the variables measured in this study. For example, let's take Pair 1 (Self Awareness - Self Awareness): The mean difference is -1.468, indicating a decrease in self-awareness scores after the intervention. The standard deviation is 1.981, representing the variability of the differences. The p-value is 0.000, indicating that the difference is statistically significant. The results revealed significant improvements in several personality traits following the intervention. In terms of self-awareness, participants in the post test group showed a significant increase compared to the pretest group ($p < 0.001$). Similarly, self-confidence significantly improved in the post test group compared to the pre group ($p < 0.01$). Furthermore, the intervention had a positive impact on motivation, with participants in the group, displaying significantly higher levels of motivation compared to the pretest group ($p < 0.05$). The intervention also yielded improvements in optimistic outlook, with a significant increase observed in the intervention group ($p < 0.05$). An interesting finding emerged when considering gender differences. Females in the intervention group showed greater improvements in self-confidence and inner locus of control compared to males ($p < 0.05$). However, no significant gender differences are observed for other personality traits. Regarding emotional well-being, the intervention group demonstrated a significant decrease in symptoms of anxiety and depression compared to the pretest group ($p < 0.001$). This suggests that the cognizant tree intervention not only enhances positive personality traits but also has a positive impact on emotional well-being. Overall, the results provide evidence for the effectiveness of the cognizant tree intervention in promoting positive personality traits and emotional well-being among adolescents.

Discussion

A sample of 124 students in the age group of 13-18 years (boys and girls) used the Creative Visualization Model "A Cognizant Tree", which feels like a deeply rooted tree, from several life skills workshops with noteworthy or successful outcomes. The students' questionnaire results shows this model was caused significant internal personality changes, such as increased self-awareness, self-image, self-confidence, self-balance and inner strength, accelerate motivation, and inner strength, elevated power of mind social and emotional adjustment, greater capacity for foresight and selecting practical solutions to issues. This model was resulted in significant internal personality changes, such as increased in their inner locus of control, setting new goals, reprogrammed old beliefs, altered how you respond to life. A positive attitude and peace of mind, improved ability to handle stress and overcome obstacles, regenerate response, enhanced performance in a variety of areas such as sports, academics, and career, greater ability to set and achieve goal and increased feelings of happiness, power of mind and wellbeing. The findings suggest that this intervention has the potential to foster personal growth, improve self-awareness and confidence, increase motivation, and cultivate a more optimistic outlook. The gender-specific effects highlight the importance of considering individual differences in the effectiveness of such interventions. These findings contribute to the field of positive psychology and support the implementation of the cognizant tree intervention as a valuable approach to enhancing adolescent well-being and promoting positive personality development. The findings suggest that incorporating the principles of the cognizant tree model in therapeutic approaches can be beneficial for adolescents in fostering positive psychological growth and well-being. The cognitive model of tree visualization explains the mental processes involved. It begins with sensory input and attention, followed by working memory. Cognitive processes like perception, reasoning, and problem-solving make sense of the experience. Mental imagery creates vivid mental images, while conceptual understanding organizes knowledge. Schema activation retrieves relevant mental frameworks, and integration combines new information with existing knowledge. Belief systems and emotional states influence interpretation and evaluation, and observable actions result in behavioral output. Individual differences and specific cognitive processes can impact this model.

Affirmations were pivotal within the cognizant tree model for fostering positive beliefs and attitudes. These were positive statements consciously repeated to nurture a desired mindset, supporting the development of virtues and positive psychology.

By reciting affirmations aligned with qualities like strength, security, power, and happiness, individuals reinforce positive thinking patterns, challenge negative self-talk, and build self-confidence. When combined with visualization and deep breathing, affirmations enhance the model's effectiveness for personal growth. Nevertheless, the effectiveness of affirmations may vary, emphasizing the importance of choosing affirmations that align with personal values and consistent practice.

The cognizant tree model utilizes various practices to potentially reprogram neurons in the brain. Here's how it works: Activation of Neural Pathways: Practices like deep breathing, visualization, and affirmations activate specific neural pathways linked to positivity and self-empowerment, strengthening these connections. Neuroplasticity: The brain's adaptability, or neuroplasticity, allows individuals to rewire neural networks by consistently engaging in cognizant tree practices, forming new connections and weakening old, negative ones. Cognitive Restructuring: The model encourages challenging and reframing negative beliefs, shifting thought patterns towards positivity through regular practice, reinforcing positive neural pathways.

The cognizant tree model employs techniques like visualization and emotional engagement to influence brain function. By vividly imagining positive scenarios and emotionally connecting with them, it activates emotional centers like the amygdala, impacting the release of neurotransmitters and hormones associated with positivity. Reinforcement and Repetition are crucial in this process, with consistent practice strengthening neural connections linked to positive thoughts and behaviors. Other models, such as Hebbian Plasticity, emphasize repeated activation for lasting neural changes, while Mindfulness-Based Stress Reduction (MBSR) incorporates mindfulness meditation to enhance self-awareness and affect brain structures associated with attention, emotion regulation, and self-awareness.

Limitations

The effectiveness of the cognizant tree model in promoting positive psychology and virtues can vary individually. It employs visualization, deep breathing, and cognitive processes for self-awareness and relaxation. For those who connect with its practices, it can aid in personal growth and well-being. Success hinges on an individual's receptiveness and consistent commitment. When used mindfully, it's a valuable tool for self-awareness and positive quality cultivation.

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