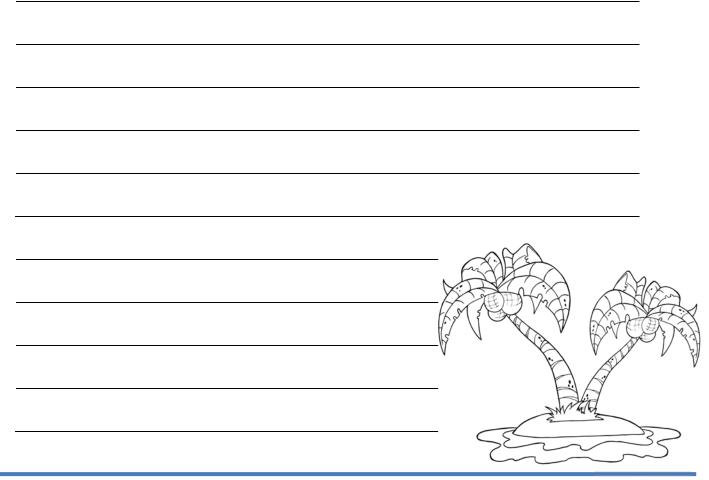# Stranded on an Island: Visualization

Visualization means imagining something as clearly and in as much detail as you can. Many people use visualization to help themselves get better at a skill, like playing a sport. There are stories of people who have used visualization to "practice" and get better at something that they could not actually do as a way to cope with confinement, for example, playing golf or putting a basketball through a hoop.

If you were stranded alone on an island and wanted to use visualization as a productive tool and a coping mechanism, what would you visualize? What would you want to get better at?

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