

Foundations of Success

My Why

What is your purpose and the significant motivator for you to excel?

My Values

What are your top 3 personal values and how do they guide your everyday behaviours?

Super Strength

What are the 3 most critical factors you need to focus on to achieve your goals?

Defining Success

Look at all areas of your life. Pick a timeframe and write down what success would look like.

Coaching/Sport
Fitness
Health & wellbeing

Career
Education
Travel

Timeframe: _____

Personal
Relationships
Family
Financial
Fun

Attitude
Leadership
Team
Mental Skill

Top Three Goals This Year

What are your top 3 goals this year?

Steps to Success

What are the 3 most critical factors you need to focus on to achieve your goals?

Support Networks

A strong support network is critical to your success. Record who is in your network and think about whether there are any additional people that you need to add. Also note any additional support you need in each area arising from your action plan.

Leadership/ People Management:

Additional support needed:

Technical/Tactical Sport Knowledge:

Additional support needed:

Other Coaches/Coaching:

Additional support needed:

Organisation/Administration:

Additional support needed:

Specialist Expertise (e.g. medical, physical conditioning):

Additional support needed:

Life (ie. wellbeing, career, education, financial, other):

Additional support needed:

High/Strength

During the first sort, note down the competencies that you have identified as strengths in relation to the other competencies. Record any comments relating specifically to that competency. Following the second sort, note the priority of this competency for the next training/competition block, High (H), Medium (M), or Low (L).

Competency	Comment	Priority
<p><i>e.g. Use of data and video.</i></p>	<p><i>Strength, but keen to keep learning.</i></p>	<p><i>Low</i></p>

Middle/Average

During the first sort, note down the competencies that you have identified as middle/average in relation to the other competencies. Record any comments relating specifically to that competency. Following the second sort, note the priority of this competency for the next training/competition block, High (H), Medium (M), or Low (L).

Competency	Comment	Priority
<p><i>e.g. Ensuring accountability.</i></p>	<p><i>Could be more consistent.</i></p>	<p><i>Low</i></p>

Low/Work-On

During the first sort, note down the competencies that you have identified as work-on's in relation to the other competencies. Record any comments relating specifically to that competency. Following the second sort, note the priority of this competency for the next training/competition block, High (H), Medium (M), or Low (L).

Competency	Comment	Priority
<p><i>e.g. Managing my time and life balance.</i></p>	<p><i>Need mechanisms to identify and re-balance.</i></p>	<p><i>High</i></p>

Action Plan

Identify the following actions that you wish to focus on for the next training block. Think about how you can integrate these actions into your day-to-day coaching plans.

Outcomes:	Outcomes:	Outcomes:
Actions:	Actions:	Actions:
Measures:	Measures:	Measures:

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