

Name: _____

Current date: _____

Review date: _____

Foundations of Success

My Why	My Values
What is your purpose and the significant motivator for you to excel?	What are your top 3 personal values and how do they guide your everyday behaviours?
Super Strength	
What is your unique point of difference or x-factor?	

Big Goals This Year

List the big personal, sport, community or life goals that you have in the next 12 months

My Training Week

	Time	Activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Defining Success

Look at all areas of your life. Pick a timeframe (e.g. 2-5 years) and write down what success would look like.

Sport
Fitness
Health & wellbeing
Injury Management

Timeframe:

Career
Education
Travel

Personal
Relationships
Family
Financial
Fun

Timeframe:

Attitude
Leadership
Team
Mental Skill

Circle of Support

A strong support network is critical to your success. Record who is in your circle of support and think about whether there are any additional people that you need to add.

Key people (e.g., whānau/family support, mentors):

Technical/tactical development support person/people:

Physical development support person/people:

Mental skills support person/people:

Medical support person/people:

Card Sort Notes

Action Plan

Identify the following actions that you wish to focus on for the next training block. These actions should then be integrated into your Weekly Action Plan.

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

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