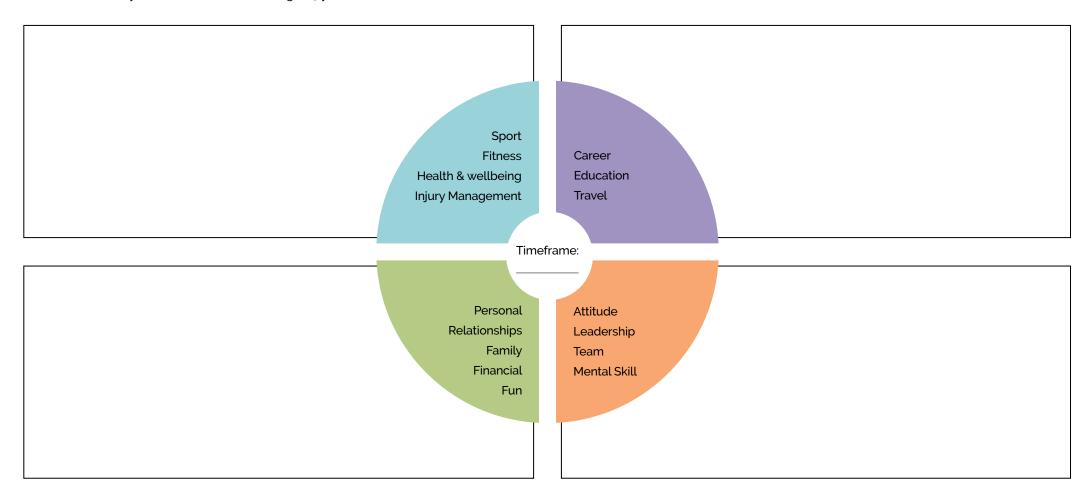
#### **Foundations of Success**

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?	



### **Defining Long Term Success**

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







### Big Goals this Year

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





## Circle of Support

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.

Key people (e.g., whānau/family support, mentors):	Technical/tactical development support person/people:	Physical development support person/people:
Additional support needed:	Additional support needed:	Additional support needed:
Mental skills support person/people:	Medical support person/people:	Holistic person/people:
Additional support needed:	Additional support needed:	Additional support needed:





# My Training Week

	Time:	Activity:
Monday		
Tuesday		
Wednesday		
Thursday		

	Time:	Activity:
Friday		
Saturday		
Saturday		
Sunday		

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



#### **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:
Outcomes:	Outcomes:	Outcomes:
Actions:	Actions:	Actions:
Measures:	Measures:	Measures:



#### **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:
Outcomes:	Outcomes:	Outcomes:
Actions:	Actions:	Actions:
Measures:	Measures:	Measures:



# My Super Powers

Name:		Top three things I'm focusing on that you can hold me accountable for:
My Super Powers:		1.
	Photograph	2.
		3.





### High/Strength

During the first sort, note down the competencies that the athlete has 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
e.g. Composure.	Good at staying composed at key moments.	Low





### Middle/Average

During the first sort, note down the competencies that the athlete has 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
e.g. Growth Mindset	Open to feedback and advice. Could be braver to ask questions.	Low





## Low/Work-On

During the first sort, note down the competencies that the athlete has 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
e.g. Support Network	Need to identify a speed training coach.	High

