

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 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.

Sport
Fitness
Health & wellbeing
Injury Management

Career
Education
Travel

Timeframe: _____

Personal
Relationships
Family
Financial
Fun

Attitude
Leadership
Team
Mental Skill

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):

Additional support needed:

Technical/tactical development support person/people:

Additional support needed:

Physical development support person/people:

Additional support needed:

Mental skills support person/people:

Additional support needed:

Medical support person/people:

Additional support needed:

Holistic person/people:

Additional support needed:

My Training Week

| | Time: | Activity: |
|-----------|-------|-----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |

| | Time: | Activity: |
|----------|-------|-----------|
| Friday | | |
| 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: |
|---|---|---|
| <p>Outcomes:</p> <p>Actions:</p> <p>Measures:</p> | <p>Outcomes:</p> <p>Actions:</p> <p>Measures:</p> | <p>Outcomes:</p> <p>Actions:</p> <p>Measures:</p> |

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My Super Powers

Name:

My Super Powers:

Photograph

Top three things I'm focusing on that you can hold me accountable for:

1.

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 |
|-------------------------------|--|-------------------|
| <p><i>e.g. Composure.</i></p> | <p><i>Good at staying composed at key moments.</i></p> | <p><i>Low</i></p> |

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 |
|-----------------------------------|--|-------------------|
| <p><i>e.g. Growth Mindset</i></p> | <p><i>Open to feedback and advice. Could be braver to ask questions.</i></p> | <p><i>Low</i></p> |

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 |
|------------------------------------|--|--------------------|
| <p><i>e.g. Support Network</i></p> | <p><i>Need to identify a speed training coach.</i></p> | <p><i>High</i></p> |