## Foundations of Success



Super Strength
What is your unique point of difference or x -factor?

## Defining Success

Thinking about long term goals in all areas of your life, pick a timeframe (2-5 years) and write down what success would look like.


## 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:

Technical/Tactical Sport Knowledge


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

## Big Goals this Year

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

## Card Sort Notes

During the card sorts, note down any comments that should be picked up during action planning


## 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:

Actions:

Measures:

| Outcomes: |
| :--- |
|  |
|  |
| Actions: |
|  |
|  |
| Measures: |
|  |



