

THE PERFORMANCE AUDIT

Developing a strategy for action



Awareness comes before intelligence. You are unlikely to change what you don't know is there or that which you do not acknowledge. Awareness is about identifying the problem, and then we can move to intelligence which is all about solving the "problem". It always starts with Awareness. But it has a happier ending when we then marry strategy to this awareness, therefore enabling a higher level of performance in future events. And the best part is, this process of incremental and steady growth only continues so long as we follow the very process.

In this Performance Mindset program, we learn and practice so many valuable tools and resources for finding our best performance, however without a solid strategy to manage these tools we risk diminishing the effectiveness of these very tools. It's one thing to have a loaded gun, it's another to know where to point it. It's not just a matter of what we do, but there is a fine art of knowing when and to what degree to use these resources.

The Performance Audit is an important tool for ensuring that we can be strategic about how we work to architect our best mindset for performance. This audit enables a deeper level of "performance self-awareness", and from here we can work to develop the best strategies for improving and harnessing our performance skills.

IN THIS ASSIGNMENT YOU WILL:

Identify your current level of performance in each of the 4 pillars.

In each Pillar – describe where you think the gaps are between your actual level right now and your ideal self.

In each of the pillars – imagine and describe what it would be like to be your 10 on 10 self in that realm (pillar) of performance.

Identify what you must do to get yourself to a 10 on 10 performance

Make an action plan to ensure you strategically work towards achieving a 10 on 10 self

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Step 1 – Identify your current level of performance on a scale of 1 / 10 in each of the 4 pillars.

- Tactical (strategy) ___ / 10
- Technical (mechanics) ____ / 10
- Mental (mind) _____ / 10
- Physical (body) _____ / 10

Step 2 - In each of the pillars – describe where you think the gaps are between your actual level right now and your ideal self (likely in the future).

Tactical

Technical

Mental

Physical

Step 3 - In each of the pillars – imagine and describe what it would be like to be your 10 on 10 self in that realm (pillar) of performance. Work to descriptive and emotive as you try to describe/imagine this...

Tactical

Technical

Mental

Physical

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Step 4 – Identify what you must do to get yourself to a 10 on 10 performance. List all of the “solutions to gaps” that you can

Step 5 – Make an action plan to ensure you strategically work towards achieving a 10 on 10 self.