

# THE PERFORMANCE ROOM

## 1) The story so far

Satisfaction Levels			
Poor, let myself down	O.K - I did enough	Good - pleased	Excellent - thriving!

How do the numbers make you feel? Where do you need to target your efforts now to build on what's in place so far?

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## 2) Changing the numbers

What's the aim then? Which numbers are you going to look to change and what would you like to aim for over the next two weeks of work?

Satisfaction Levels			
Poor, let myself down	O.K - I did enough	Good - pleased	Excellent - thriving!

## 3) Create a new baseline and lead by example

Key reminders for delivering to my potential:

### Mindset and useful thinking reminders

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Keeping my energy levels in good shape so I can lead by example

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Body language reminders

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Helpful reviewing and learning stuff

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