

# THE PERFORMANCE ROOM

## 1) Review what's worked in helping you keep more motivated

My starting point /10 (your rating at the start of the plan)	/10
My ending point /10 (your rating for the end of the plan)	/10

		Impact (0-10)	
<b>Weeks 1 &amp; 2</b>	Understand what motivates you		
<b>Weeks 3 &amp; 4</b>	Prioritise and take control		
<b>Weeks 5 &amp; 6</b>	Fuel your confidence		
<b>Weeks 7 &amp; 8</b>	Get connected		
<b>Weeks 9 &amp; 10</b>	Control the controllables		

## 2) My 'super plan'

Over the next two weeks, I'll be practicing:		
Focus area	What	When
Understand what motivates you		
Prioritise and take control		
Fuel your confidence		
Get connected		
Control the controllables		

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## 3) My practice schedule

Get it in the dairy now!

Who else do I need to speak to:

1.	
2.	
3.	
4.	
5.	