

THE 7 A's OF PERFORMANCE

Pinpoint

A. What is it that you want to achieve?

Ad

B. Narrow it down. Be really specific here. Try using the S.M.A.R.T. goals model to determine a goal that is specific, measurable, attainable, realistic, and timely.

Purpose

A. Why is it that you want to achieve this goal?

B. How will you feel when you have accomplished this objective?
Ad

C. How will your life and the lives of others be better because of this achievement?

Plan

A. Develop a game plan to help you get from where you are to where you want to be. This is the fun part! “Failing to plan is planning to fail.” Alan Lakein

B. Begin with the end in mind. Everything that you do along the path should bring you a little bit closer to this very clear goal that you wish to achieve.

C. Start at the end and work backwards. What would be the steps that are required from goal to where you are today. It sounds crazy but it works.

Plan

D. Commit to taking 1-3 steps toward this goal every single day. Ask yourself “what is one thing that I could do today to bring me a little bit closer to what I want to achieve?”

E. Who has done this before? Knowing that it has been done should be encouraging because then it feels possible. If you aren't sure of this phenomenon when it comes to goal achievement, do a little research on Roger Bannister.

Preparation

A. This is where the real work begins. Take the plan that you have and prepare for success. Utilize the mental skills that we provide to prepare to victory. It happens well before you step on the court, field, range, or any arena of competition.

Ad

What does it look like when you are on top of your game?

What does it look like when you are struggling?

Be able to visualize what success looks like to you.

B. Any process goes more smoothly when you have been adequately prepared. Lay out your gym clothes the night before if you wish to build a routine of going to work out every day.

C. Be present in the moment when you are practicing or competing. When you are there, be there.

D. Put in the work. Give your best every single time. Make a habit of excellence.

E. Practice like you compete. When you step into your own arena, be sure to bring it like it matters because it does. Chances are your opponent is going to bring their very best. They have a reputation worth protecting or a victory worth fighting for. In every at bat, every ^{Ad}serve, every freethrow, every putt, every time that you suit up, do it as if you have something to defend.

Patterns

A. You can track your patterns by creating a performance journal. Write down how you felt, your habits that day, how you performed, etc. to know how best to proceed.

B. What are your habits on the day of practice or competition?

C. How do you feel right before you get started? Are you nervous? Excited? Bored?

D. How do you feel after practice? Did it get you a step or two closer to your goal? Did it feel like a waste of time?

E. How do you feel before competition? How about after you compete?

Ad

F. What kind of self-talk is in your head before and after you compete?

Performance

A. Breathe. A centering breath can ease nerves and position you to do what you were preparing to do. Step up knowing that you have done the work to make your goal possible.

B. Perform to the best of your ability. Give your all and remember that, while you may experience setbacks, you have done your best in this moment.

Progress

A. We all want to make progress toward our goals. These performance journals help us know how far we have come in this journey.

B. Write down a few notes on your^{Ad} performance for the day.

C. What did you do well?

D. What needs some work?

There is always room to improve. Use what you have learned through this process to improve your performance in all aspects of life. If you need help, feel free to reach out for a complimentary 20 minute session!

Dr. Taffy Hawkins, ^{Ad}Performance Expert

Daring Performance www.daringperformance.com

870-740-5540 daringperformance@yahoo.com

