

THE DAILY BUSINESS ATHLETE SCORECARD

Measure the health of your business and identify your greatest opportunity for improvement.



365 LESSONS. 9 PRINCIPLES. ONE BETTER LIFE.

HOW TO USE THE SCORECARD



A Business Athlete understands that success is not an event. It is the result of consistent improvement across multiple areas of business and life.



Score yourself honestly in each category from 1–10.



The goal is not perfection. The goal is identifying the principle that is holding you back.



The goal is identifying the constraint that is holding you back.

RATING GUIDE

1–3

Needs Attention

4–6

Room for Improvement

7–8

Strong

9–10

Excellent

1

GROWING OR DYING

How committed am I to continuous growth?



Rate:

- I invest in learning.
- I seek feedback.
- I embrace change.
- I continually improve.

TOTAL ____/10

2

RETICULAR ACTIVATING SYSTEM

Am I focusing on what matters most?



Rate:

- I have clear goals.
- I know my priorities.
- I focus on opportunities rather than problems.
- My attention is intentional.

TOTAL ____/10

3

ARE YOU IN THE GAME OR IN THE STANDS?

How much ownership do I take?



Rate:

- I accept responsibility.
- I take action quickly.
- I avoid blame and excuses.
- I focus on solutions.

TOTAL ____/10

4

VILFREDO PARETO 80/20

How effectively do I leverage my effort?



Rate:

- I know my highest-value activities.
- I focus on important work.
- I eliminate low-value tasks.
- I work strategically.

TOTAL ____/10

5

IDENTITY ICEBERG

Does my identity support my goals?



Rate:

- My habits support success.
- My beliefs empower me.
- My environment helps me grow.
- My actions align with my goals.

TOTAL ____/10

6

TRUE COMMUNICATION

How effectively do I communicate?



Rate:

- I communicate clearly.
- I listen actively.
- I seek understanding.
- I take responsibility for outcomes.

TOTAL ____/10

7

YOUR QUESTIONS

Am I asking better questions?



Rate:

- I challenge assumptions.
- I stay curious.
- I look for opportunities.
- I regularly reflect.

TOTAL ____/10

8

OUTCOMES

How well do I manage expectations?



Rate:

- Expectations are clear.
- Accountability exists.
- Communication is proactive.
- Surprises are minimised.

TOTAL ____/10

9

NEWTON'S 3RD LAW

Do I understand the consequences of my decisions?



Rate:

- I think long term.
- I consider consequences.
- I understand trade-offs.
- I make intentional decisions.

TOTAL ____/10

YOUR ATHLETE RATING



81–90
GOLD ATHLETE

You are performing at an elite level. Keep compounding and inspiring others.



71–80
SILVER ATHLETE

You are on the right track. Stay consistent and keep improving.



61–70
BRONZE ATHLETE

You have a solid foundation. Focus on raising your weakest areas.



46–60
COMPETITOR

There is opportunity to improve. Identify your constraints and take action.



0–45
SPECTATOR

You are watching instead of playing. It's time to get on the field.

WHICH GRAVITY PRINCIPLE IS HOLDING YOU BACK?

HIGHEST SCORE (STRENGTH) _____

LOWEST SCORE (CONSTRAINT) _____

ONE ACTION I WILL TAKE THIS WEEK _____

ONE ACTION I WILL TAKE THIS MONTH _____

DATE OF NEXT REVIEW _____



A business rarely needs twenty improvements. It usually needs one.

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