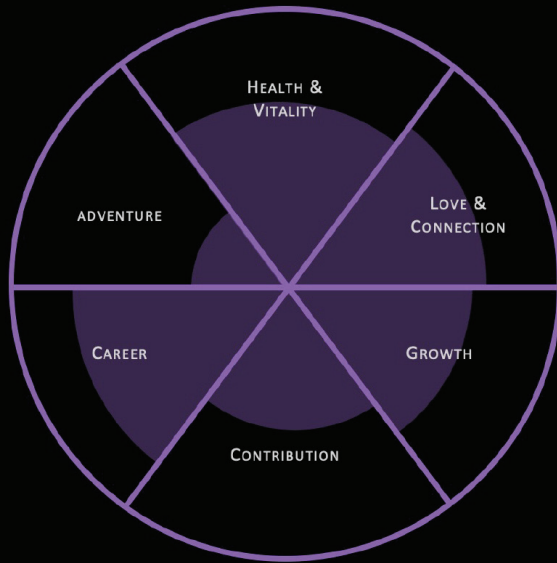




Performance by design

A simple tool to visualize, manage
and upgrade your performance



YOUR PERSONAL PERFORMANCE PROFILE

Other examples of segments to consider

- Contribution
- Status & Recognition
- Fun & Adventure
- Finances
- Faith
- Growth
- Friendship

The personal performance profile tool

It takes less than 5 mins.
It's tailor-made for you.
And it doesn't need wifi

Step 1:

Decide segments that are important to you

Step 2:

Write the 10/10 dream

Step 3:

Rate the current reality ?/10

Step 4:

Identify the blocker between the current reality and the dream

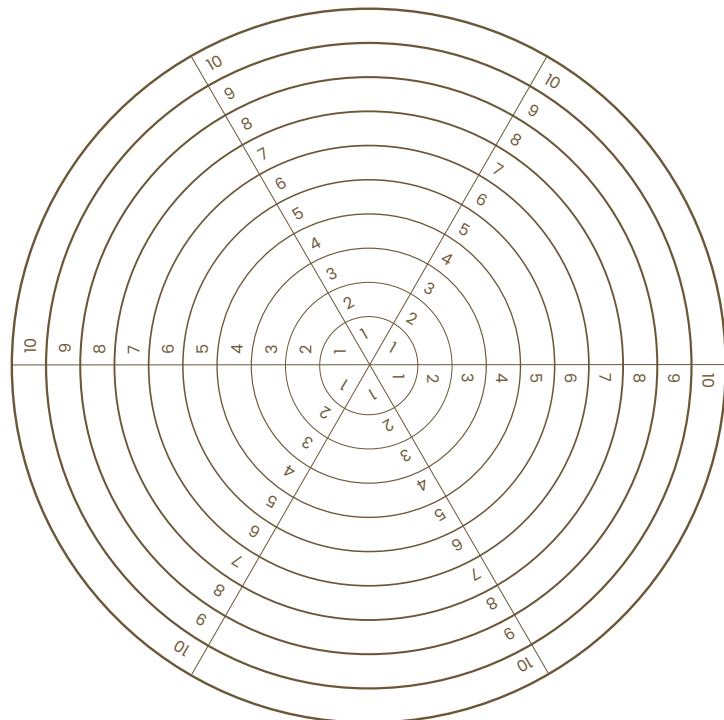
Step 5:

30-day action plan for movement

Step 6:

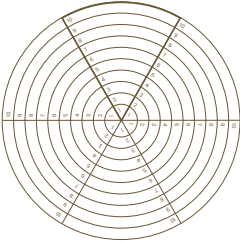
Share with an accountability buddy

Step 1: Name your segments

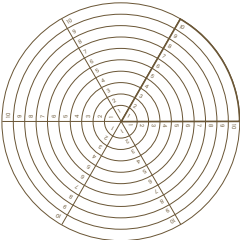


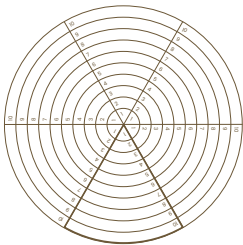
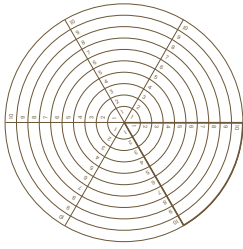
Step 2: Write your 10/10 dream for each segment.

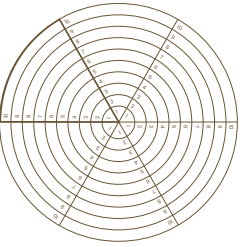
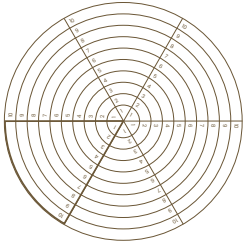
(Refer to tips for dream writing section)



For me, 10/10 for this area of my life feels like this
(written like I am there right now. Eyes closed...here I go!)

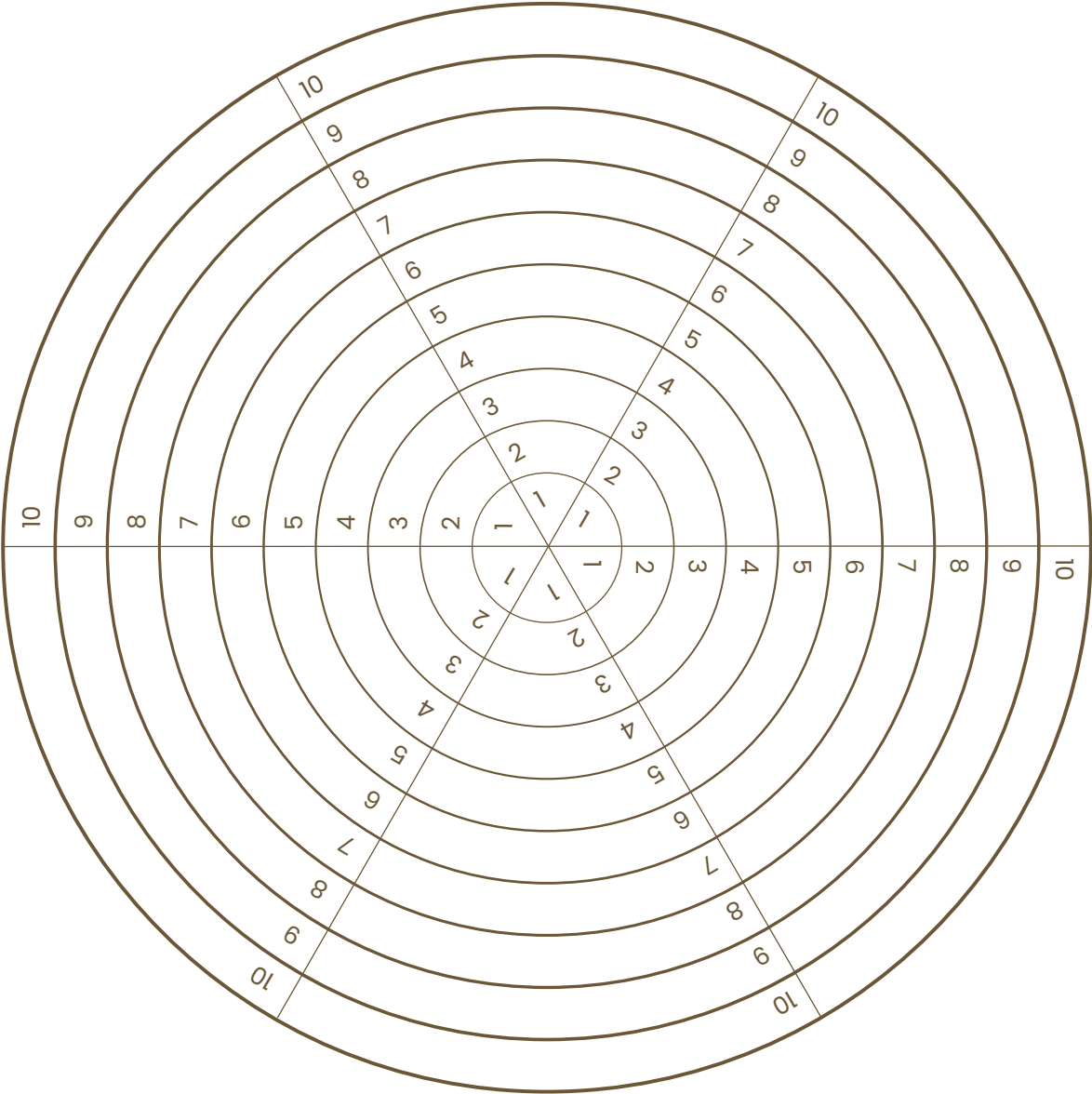






Step 3: Rate the current reality /10.

(Shade each segment out of a possible 10 score)



1-3 suffering
4-6 surviving
7-10 thriving

Step 4 & 5:

Identify the blocks (the gap) between the current reality and the dream.
Then design the 30-day action plan to make progress towards that dream.

Segment

Current reality score

/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3

Segment

Current reality score

/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3

Segment

Current reality score

/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3

Segment

Current reality score

/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3

Segment

Current reality score

/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3

Segment

Current reality score

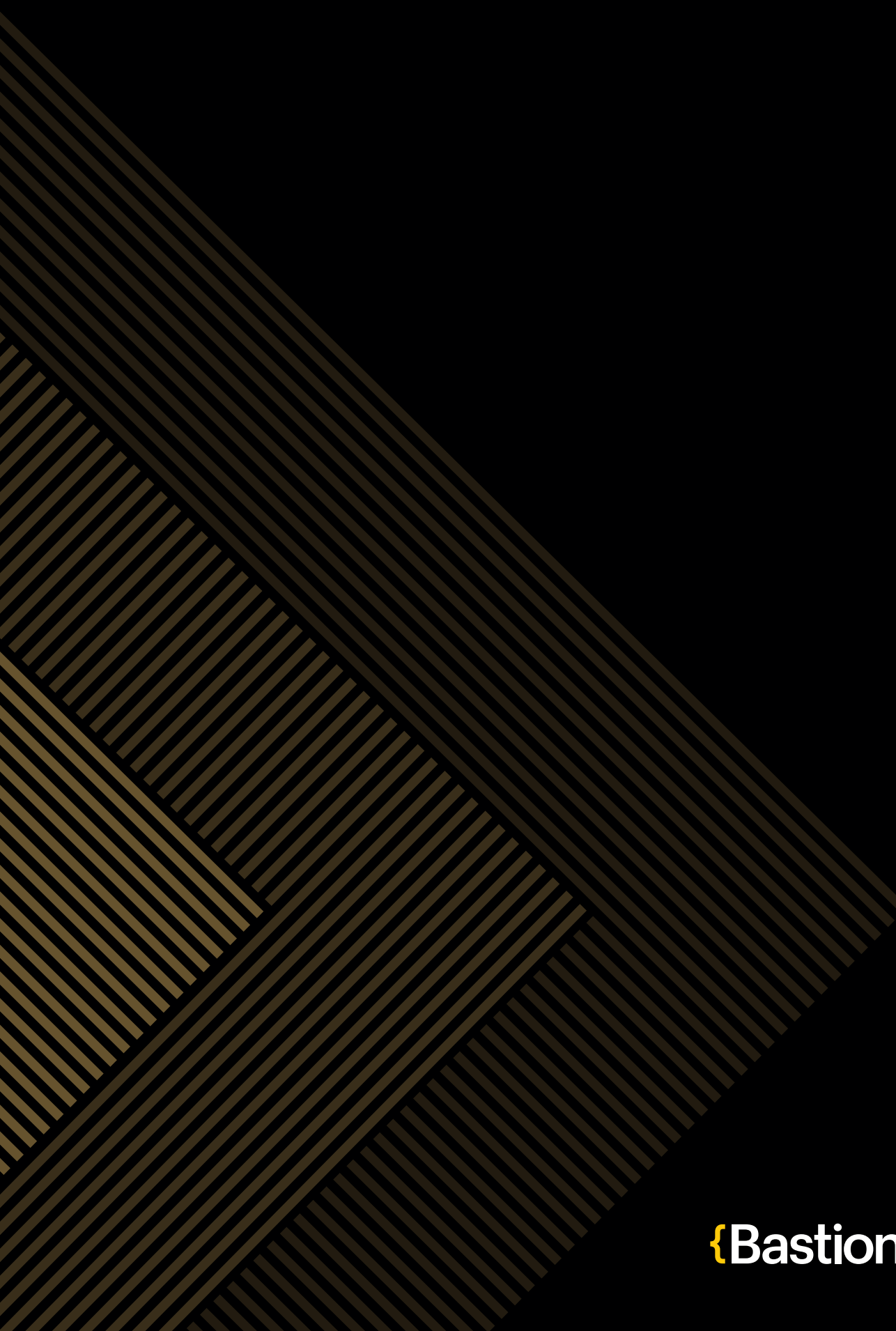
/10

The blocks in our way to a 10
(the real, and the excuses)

-
-
-

Actions we can take over next 30 days to address the blocks

- #1
- #2
- #3



{Bastion Shine