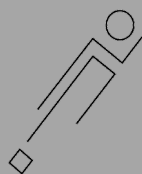
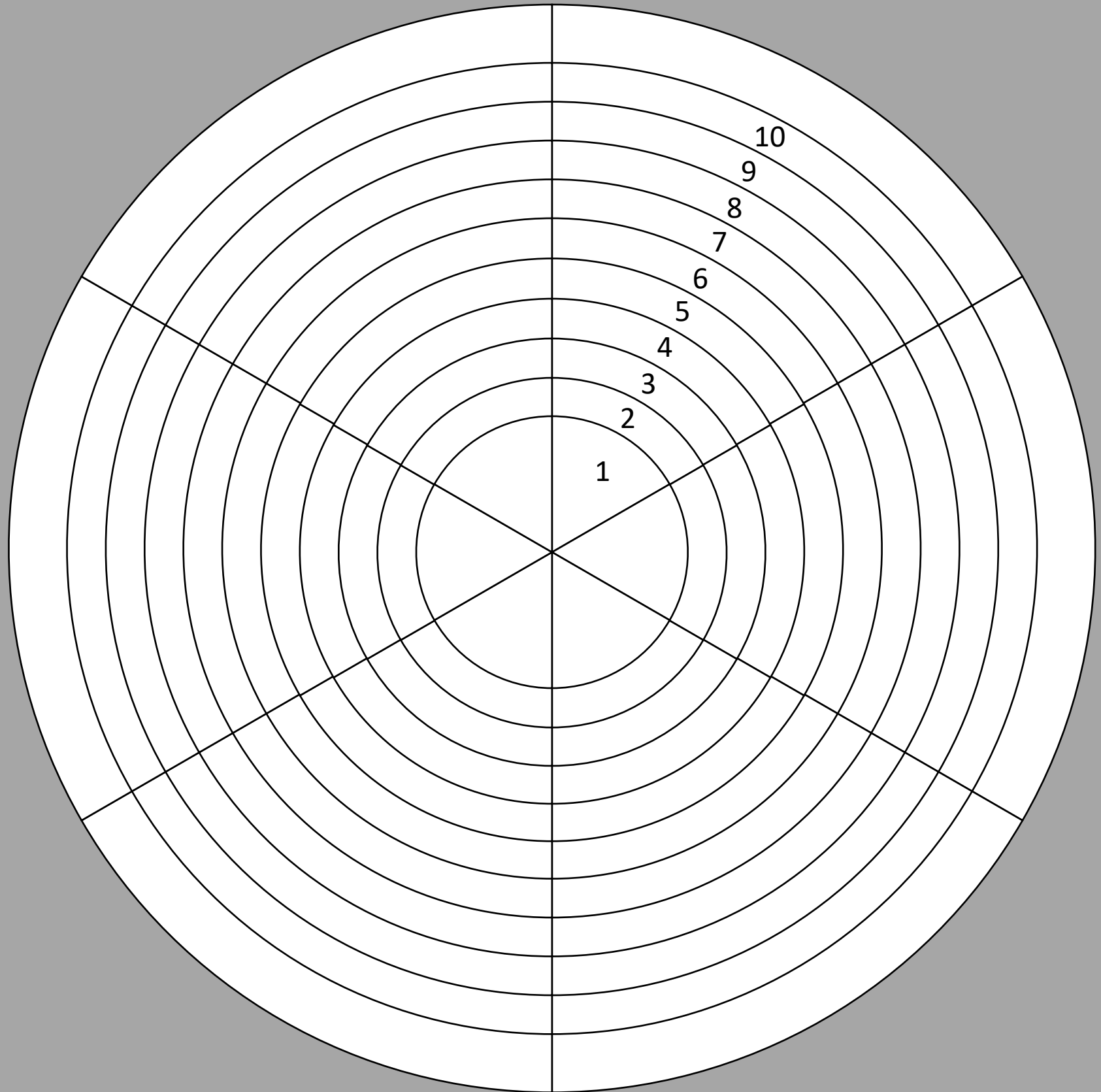
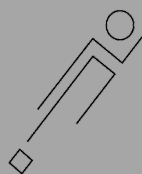
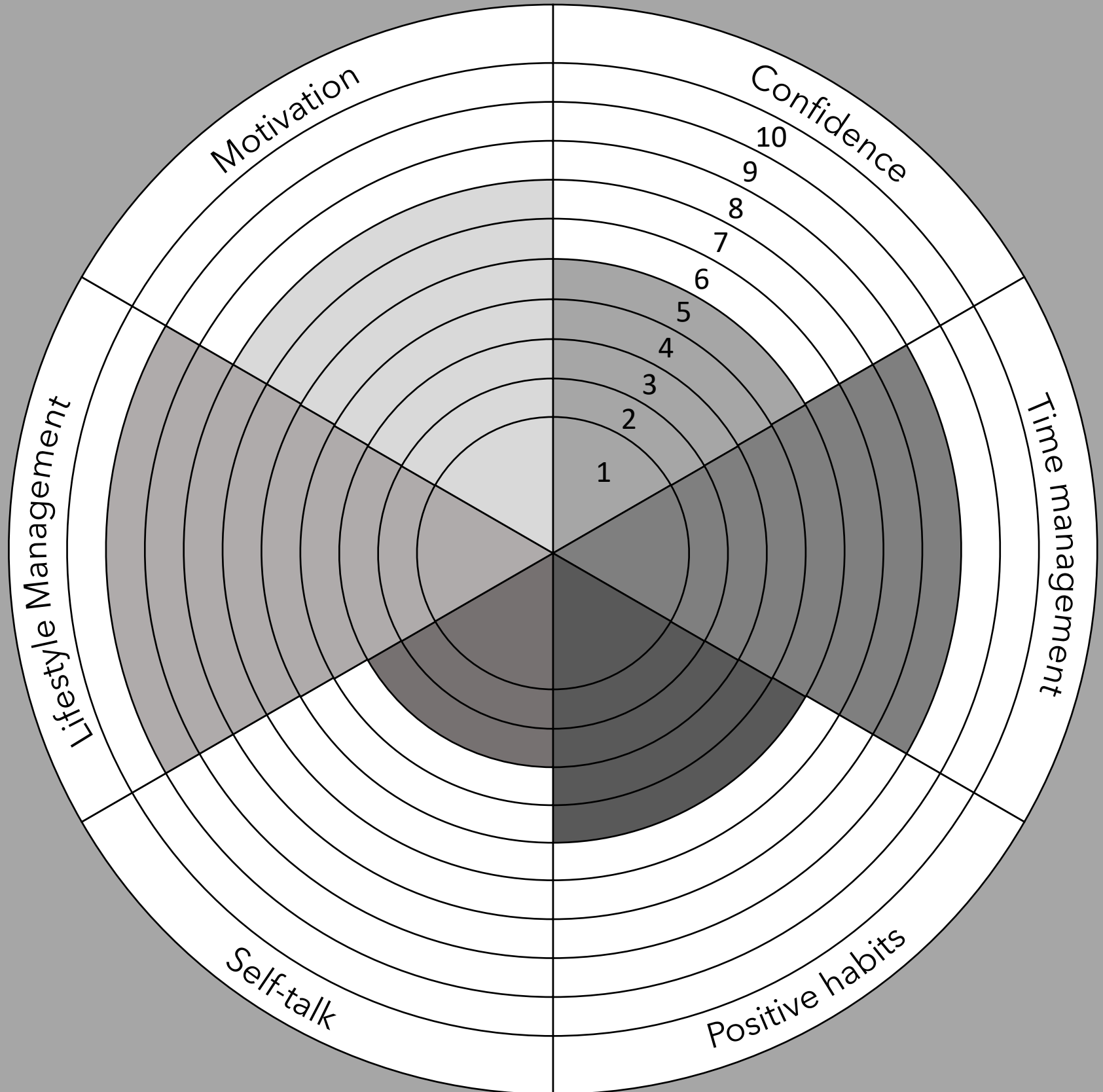


# PERFORMANCE PROFILE WHEEL



# EXAMPLE



# INSTRUCTIONS

- 1- Consider 6 psychological/life skills or techniques you want to improve and write them on the outermost part of each section. For example, if you wanted to improve your emotional control, you would write 'emotional control on the edge of section one.
- 2- Once you have your skills, it's time to define them. Write down what each skill means to you and how you will measure it. For example, if you wanted to improve *motivation*, this could be defined as your 'willingness to complete tasks throughout the day'. Everyone has their own definitions, write what makes sense to you.
- 3- You will notice each section has 10 smaller sections labelled 1-10. Using a coloured pencil, shade in a section of each skill to indicate where you think you currently stand on a scale of 1-10 in that particular skill, where 1 is the worst and 10 is the best. For example, if you have *communication* as one skill to improve, perhaps you feel you are currently sitting on a 4 out of 10. You would shade in sections 1 to 4 of the communication spoke
- 4- Do this for each section and you will have your completed performance profile wheel. Now, take time to consider how you will work to increase those numbers. How will you get yourself from a 3 to a 7? Or from a 5 to a 10?
- 5- The wheel means nothing if you do not act on it. Set your goals and practice your mental training. As you progress, regularly visit the wheel and continue to shade in more numbers as you improve.
- 6- Share your wheel with us on Instagram @beyondbetterclub.com

