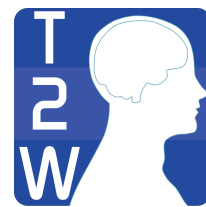


PERFORMANCE PLANNING: SETTING UP FOR SUCCESS



GET RID OF THE CLUTTER AND PAY ATTENTION
TO WHATS ACTUALLY USEFUL.



THE KEY TO SUCCESS IS FOCUSING ON WHAT YOU CAN CONTROL.

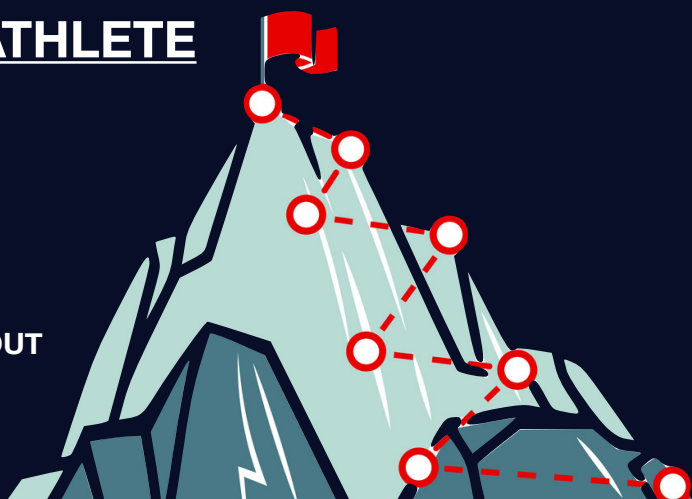
- THE OUTCOME IS NOT IN YOUR CONTROL BUT THE BUILDING BLOCKS TO SUCCESSFUL PERFORMANCES ARE.
- BE SPECIFIC ABOUT WHAT YOU NEED TO DO TO ACHIEVE YOUR GOALS.
- BE SPECIFIC ABOUT HOW YOU ARE GOING TO ACHIEVE YOUR GOALS.
- OUTLINE THE TIMEFRAME.
- LINK YOUR SHORT, MEDIUM AND LONG TERM GOALS.
- YOUR COACH DOESN'T JUST SAY "BE BETTER".

BECOMING A PROCESS DRIVEN ATHLETE

SPORT IS FULL OF UNCONTROLLABLES.

- We cannot control the outcome of any race, game, or competition.
- We cannot control the opposition
- We cannot control the umpire or referee

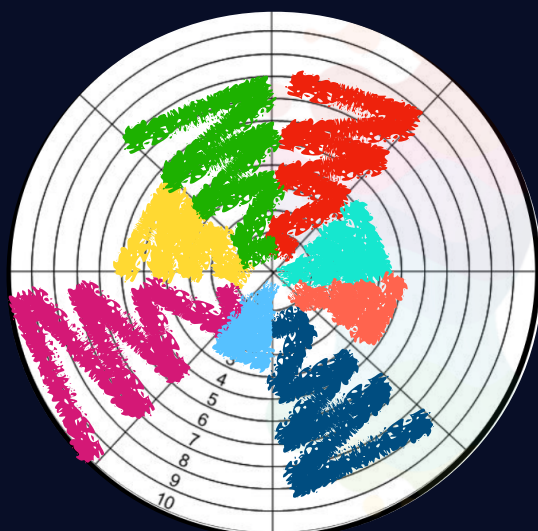
AS SOON AS OUR FOCUS SHIFTS TO THINGS THAT ARE OUT
SIDE OF OUR CONTROL WE ARE NOT BENEFITING
OURSELVES AND WE MAY BECOME OVERWHELMED,
EMOTIONAL AND OR UNMOTIVATED.



WE CAN ONLY CONTROL THE PART WE PLAY.

**IF WE FOCUS ON THE INDIVIDUAL SKILLS WITHIN OUR SPORT WE HAVE A HIGHER CHANCE OF
SUCCESS.**

By perfecting every tack, by taking every shift and by perfecting our speed we increase our chances of
achieving our outcome goals.



PERFORMANCE PROFILING

There are many ways to do this, a target board is a simple, easy and very visual way to do it. But find away that works for you.

- Highlight each element of your sport: Boat Speed, Boat Handling. Fitness etc.
- Break each element into its individual skills: Tacking, Gybing etc.
- Score each skill out of 10.

You can go even further and break down each skill into its individual elements and score each element.

By highlighting your strengths and weaknesses you can hone in on the specific parts of your performance that will lead you to improve and ultimately increase your chances of achieving your outcome goal.

**THE MORE SPECIFIC YOU CAN BE, THE MORE IMPACTFUL YOUR
PROCESS GOAL WILL BE.**

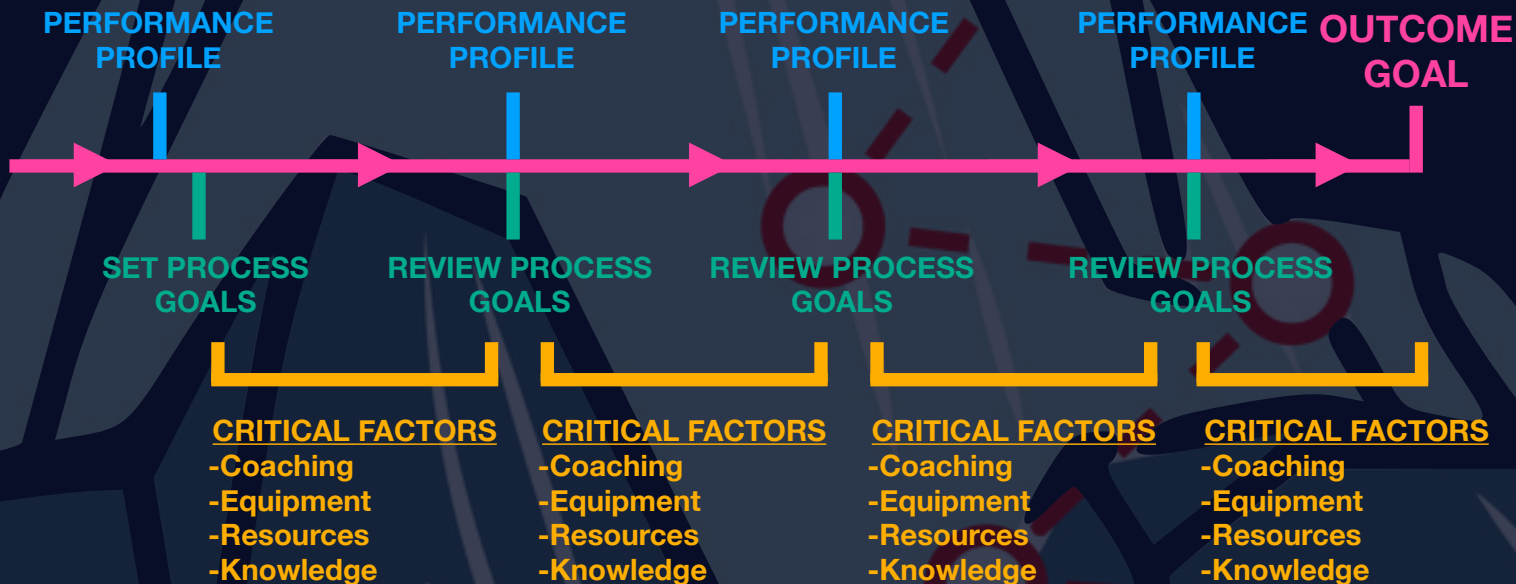
GOAL SETTING

- Your outcome goal is the easy one it just has to be realistically achievable (but it should still be a challenge).
- Work out what is going to enable you to achieve that goal; again be specific.
- Use the results from performance profile to help form your process goals. Having three process goals is usually a good idea.
- Your process goals should be being updated all the time; they may stay the same, but you may also achieve them and add new process goals as you move towards your outcome event.

OUTCOME GOAL	
WHAT'S GOING TO ENABLE YOU TO ACHIEVE YOUR OUTCOME GOAL...	
PROCESS GOALS 1	PROCESS GOALS 2
1. 2. 3.	1. 2. 3.

CREATING A ROADMAP FOR SUCCESS

Once you have established your outcome goal and begun the process of setting process goals you can begin to outline your roadmap and the critical factors to achieve each process goal.



DEVELOPING A GROWTH MINDSET THROUGH STRATEGIC PLANNING

By becoming process driven and focusing on the journey of improvement rather than the end outcome it enables you to become more focused on how you can improve and grow.

- Process goals help you to remain motivated and focused, as well as developing confidence
- Performance profiles enable you to track your progress and gives you insight into how you improve, as well as giving you confidence that you are improving.

QUESTIONS?