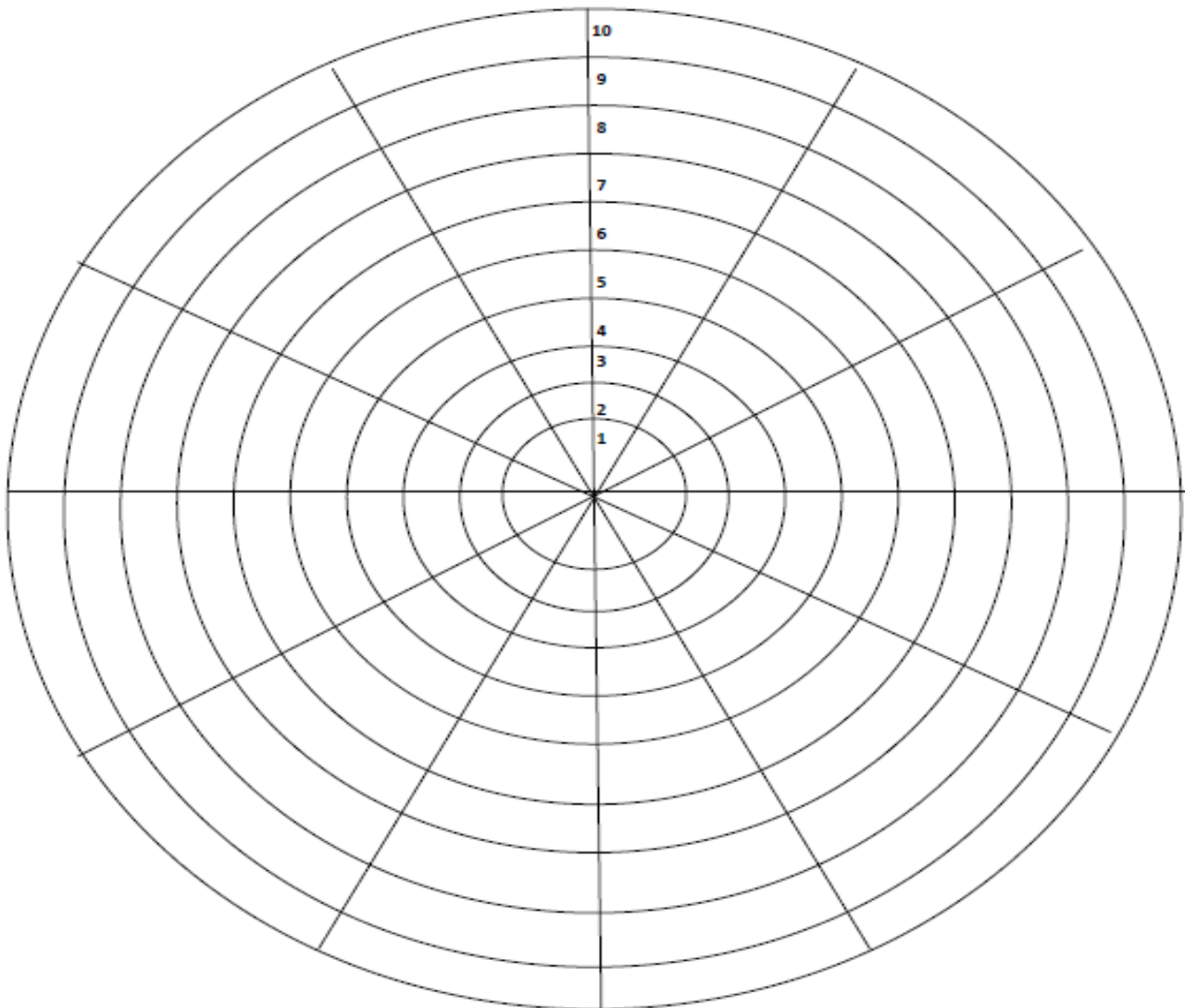


## Performance Profile

Choose 12 qualities of elite athletes in your chosen sport. Write each quality on the outside of each section of the wheel. Rate yourself on each of the qualities on a scale of 1 to 10 (1 = do not have that quality at all, 10 = the most you can have of that quality). Be honest with yourself as it does not help you to inflate your rating. Finish by shading in each section up to the number you rate yourself.



Use your ratings to focus your efforts on **SMART** goals to increase your rating over time. **SMART** goals are process goals that are **S**pecific, **M**easureable, **A**ction focused, **R**ealistic, and **T**ime bound.