

Logical Analysis of Situation

The first step is not about what you should do, but rather how you feel and what you experience. Take a step back and listen to your body. How do you honestly feel? Is something hindering your performance? Is there something you are concerned with? You can also ask some friends or family members to share their thoughts on what they see going on in your life.

Once you have your list ready, you need to start building some logical connections between the issues that you just identified. First, pick the issue that you feel is troubling you the most in your health or performance. Then, start to identify which issues are causing this and what are the consequences.

FEELINGS & EXPERIENCES

What is going on in your life? How do you feel? Any concerns?

CONSEQUENCES

What are the consequences related to your main issue?

MAIN ISSUE

Choose the issue that you feel is troubling you the most.

CAUSES

What do you think is causing your main issue?

Your Logical Performance Plan

Formulate a personally relevant and meaningful Life and Performance goal and define relevant success measures.

Define Health and Wellbeing goals that will help you to achieve your Life and Performance goal. Identify how you could measure success in relation to these.

Develop realistic and concrete actions, which will help you achieve your Health and Wellbeing goals. Consider how you could monitor these.

Determine obstacles or challenges that could hinder you and think about how you could overcome these.



LIFE & PERFORMANCE GOAL

HEALTH & WELLBEING GOAL

Write goals...	Success measures ...

OBSTACLES

ACTIONS