

Optimum Performance Tool

In order to perform at a high level regularly, you need to understand what it takes for you to get to that point in the first place. Answer the questions below to discover what 'playing at your best' looks like.

What time do I start winding down for the night?

Are there certain things I do to prepare for tomorrow?

Do I reflect/journal about my day?

What time do I go to bed?

What time do I wake up?

What is the first thing I do when I wake up?

What kind of foods make me feel my best?

Who do I go out of my way to interact with?

Who do I go out of my way to avoid/distance myself from?

What social situations should I avoid?

What social situations do I benefit being a part of?

Optimum Performance Tool

What type of conversations do I engage in (including conversations with myself)?

What kind of work do I partake in?

What kind of information do I consume during the course of my day (eg. music, podcasts, books etc)

OTHER THINGS TO PURSUE

Eg.) Take vitamins with breakfast

OTHER THINGS TO AVOID

Eg.) Staying up past 11pm