

## Your Performance Profile

The exercise below is aimed at raising your awareness of the various parts of your life and determining how important they are for you and rating your level of satisfaction you currently have with them. The final task is for you to think about what you would like to change about your life to make it better and develop some strategies to make it happen.

### Task 1: Life domains/skills for success

What in your opinion are the life domains or skills that make up someone who is doing well? Think of these in terms of a balanced approach to life in general.

From the list below choose eight (8) of the domains/skills and tick them on the list below.

#### Life domains/skills

- |  |   |
|--|---|
| <input type="checkbox"/> Time management                         | <input type="checkbox"/> Playing/Listening to music     |
| <input type="checkbox"/> Motivation – get up and go!             | <input type="checkbox"/> Relationships with family      |
| <input type="checkbox"/> Having fun                              | <input type="checkbox"/> Leisure & Recreation time      |
| <input type="checkbox"/> Relaxation – time out                   | <input type="checkbox"/> School/university study        |
| <input type="checkbox"/> Time for religious/spiritual activities | <input type="checkbox"/> Time with friends              |
| <input type="checkbox"/> Holidays & travel                       | <input type="checkbox"/> Getting plenty of sleep        |
| <input type="checkbox"/> Entertainment (eg, movies etc.)         | <input type="checkbox"/> Positive thinking              |
| <input type="checkbox"/> Life goals – what you want out of life  | <input type="checkbox"/> Staying cool under pressure    |
| <input type="checkbox"/> Career/work                             | <input type="checkbox"/> Being organized                |
| <input type="checkbox"/> Staying fit & healthy                   | <input type="checkbox"/> Sport training and competition |
| <input type="checkbox"/> Eating healthy food                     | <input type="checkbox"/> Drinking plenty of water       |
| <input type="checkbox"/> Arts and crafts                         | <input type="checkbox"/> Having a tidy house/room       |
| <input type="checkbox"/> Stress management                       | <input type="checkbox"/> Money/finances                 |
| <input type="checkbox"/> Hobbies                                 | <input type="checkbox"/> Others?                        |

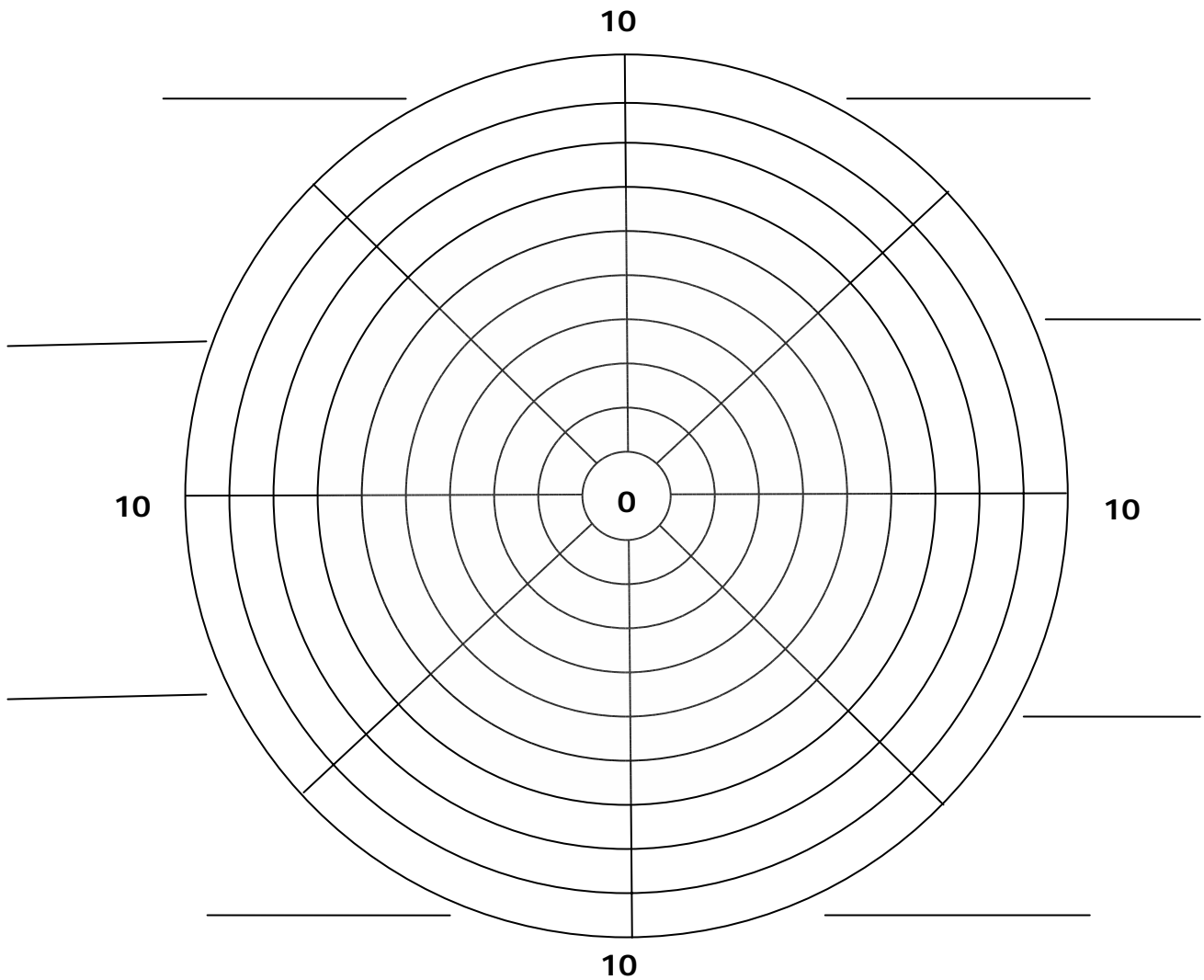
### Task 2: Rating importance and satisfaction

#### Determining importance

Place each of these elements on the wagon wheel below and rate the level of **importance** each of these domains/skills in your life. Think of the centre as 0 (not important) and the outer edge as 10 (most important). Place an “**I**” in the section that represents your rating.

#### Determining satisfaction

Now do the same for rating your level of **satisfaction** (how happy you are about it) for each of these life domains/skills. Think of the centre as 0 (totally dissatisfied) and the outer edge as 10 (completely satisfied). Place an “**S**” in the section that represents your rating.



### Task 3: Determining your priorities

What domains/skills have the biggest gap between importance ("I") and satisfaction ("S")?

What domain/skill(s) are you prepared to start changing right now?

Choose one domain/skill and develop 2 strategies for changing/improving:

- 1.
- 2.