STRONG CORE FLEX

WIN
WITH INTENTION

VALUES IN ACTION

Ways your actions are in service of your values or demonstrate your values

1. _____
2. _____
3. _____
4. _____
5. _____

STRENGTHS IN ACTION

Ways I can put my top strengths to work for me during this off season

1. _____
2. _____
3. _____
4. _____
5. _____

Three strengths I can further develop. Actions I need to take to develop these.

STRENGTHS TO DEVELOP

1. _____
2. _____
3. _____

ACTIONS TO TAKE

1. _____
2. _____
3. _____

Three skills I want to be able to say are strengths by the end of the off season

1. _____
2. _____
3. _____

ACTIONS TO TAKE

Tracking my goals:

		M	T	W	TH	F	S	SN
Performance Goal								
Process Goal								
Process Goal								
Process Goal								