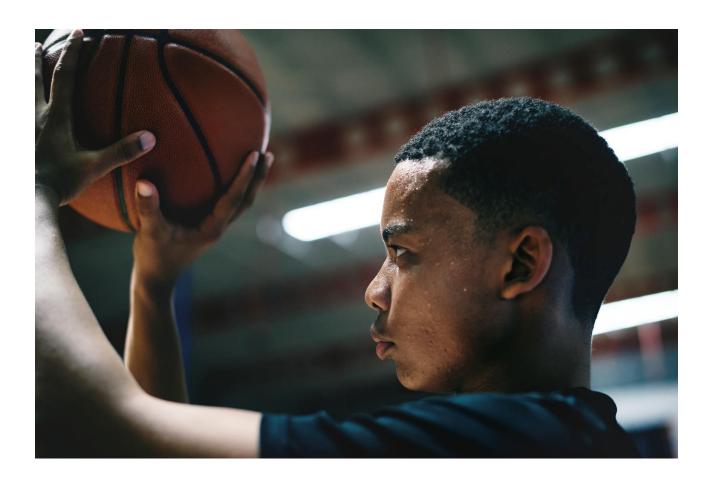
Personalized Performance Plan (PPP)



What is the Personalized Performance Plan (PPP)?

Many athletes struggle—not because of a lack of effort, but because their efforts lack clarity, direction, and targeted focus. Simply training harder isn't enough; you need to train smarter. This is where your **Personalized Performance Plan (PPP)** comes in.

The PPP is a clear, repeatable, and highly practical system designed to help you define and systematically build toward your **Ideal Performance Self (IPS)**—the athlete you envision yourself being at your absolute best.

How Does it Work?

This plan helps you break down performance into five clear pillars:

- **Physical:** Fitness, strength, recovery, and conditioning.
- Psychological: Mental toughness, emotional resilience, and confidence.
- **Skill:** Technical proficiency and consistency under pressure.
- Strategy: Tactical awareness, decision-making, and adaptability.
- Relational / Social: Communication, support systems, team dynamics, and relationships that directly influence your performance.

By assessing yourself honestly across these pillars, you'll identify exactly what's holding you back, and more importantly, what improvements will make the biggest difference fastest.

Why Use the PPP Framework?

Top athletes don't just hope for success—they engineer it. This plan gives you:

- Clarity on your real strengths and weaknesses.
- Focus to prioritize the most impactful improvements.
- Accountability with clear, actionable steps.
- Consistency through regular review, tracking, and adjustment.

Used regularly, the PPP will help you steadily build toward your Ideal Performance Self, improving both your performance and your enjoyment of sport.

Create Your Personalized Performance Plan (PPP)

A structured, repeatable system for athletes to build their Ideal Performance Self (IPS)

♦ Step 1: Define Your Ideal PerformanceSelf (IPS)

Start by clearly describing the athlete you aim to be—your IPS.

- What traits, habits, and qualities does this version of you possess?
- How does your IPS handle pressure, setbacks, and competition?
- Be vivid and detailed—imagine yourself at your absolute best.

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My Idea	I Performance	Self is
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Step 2: Unpack Your 5 Pillars of

Performance

Next, reverse-engineer your IPS by identifying 3–5 critical areas to develop under each of the five pillars below. Reflect on your current state, where you want to be, and what specifically needs to improve.



🧶 1. Physical Pillar

Identify areas in your fitness, conditioning, energy, and recovery that need improvement.

- What specific physical attributes (strength, speed, agility) must improve?
- How consistent are your recovery routines (sleep, nutrition, hydration)?
- Which physical routines or habits need upgrading or consistency?

My top Physical improvements:

1.

2.

3.



2. Psychological Pillar

Mental and emotional resilience, focus, confidence, and consistency under pressure.

- Where does my mindset falter under stress or pressure?
- What specific mental skills (focus, emotional control, confidence) need strengthening?
- Which mental routines (visualisation, self-talk) must I practice consistently?

My top psychological improvements:

1.

2.

3.



3. Skill Pillar

Technical proficiency and execution in your sport.

- What technical skills are currently strengths I can enhance further?
- Which skills become inconsistent under pressure?
- What specific new skills must I master next to reach my IPS?

My top Skill improvements:

1.

2.

3.



4. Strategy Pillar (Tactical)

Game awareness, decision-making, planning, and adaptability.

- How effective am I at understanding and adapting to game situations?
- In what tactical areas (positioning, strategy, decision-making) do I need the most improvement?
- How quickly can I adjust and execute new game plans or strategies?

My top Strategic improvements:

1.

2.

3.



5. Relational / Social Pillar (NEW)

The quality of connections, support systems, communication, and trust in your sporting environment.

How effective is my communication with teammates, coaches, and support networks?

- Do I feel emotionally supported, understood, and respected by those around me?
- What relationship or social dynamic can I improve that directly enhances my performance?

My top Relational / Social improvements:

- 1.
- 2.
- 3.

⋄ Step 3: Prioritize for Maximum Impact

Now, look at your identified improvements across all 5 pillars and prioritize them. Pick the single most important or impactful area from each pillar that would move you closest to your Ideal Performance Self quickly.

It's important that you've already done the digital assessment to determine your "priority" list of areas that need most work right now. If you haven't yet, **go here now** and do that first.

My top-priority action areas (for example):

- · Physical:
- Psychological:
- Skill:
- · Strategy:
- Relational / Social:

♦ Step 4: Create Clear, Actionable Steps

For each prioritized action area, write down specific, practical steps you can implement immediately and consistently:

Example (Psychological):

- Action: Daily 5-min visualization to rehearse confident in-game decision-making scenarios.
- Tracking: Log each session completed in my journal; review progress weekly.

Repeat this format for each prioritized improvement:

1. Physical Action Steps:

- Action:
- o Tracking:

2. Psychological Action Steps:

- Action:
- o Tracking:

3. Skill Action Steps:

- Action:
- o Tracking:

4. Strategy Action Steps:

- o Action:
- Tracking:

5. Relational / Social Action Steps:

- Action:
- o Tracking:

Step 5: Reflect, Review & AdjustRegularly

Schedule regular check-ins (weekly, fortnightly, or monthly) to track progress:

- What improvements or actions have you completed?
- Where are you stuck or struggling?
- Adjust your plan or strategies based on real-world feedback.

Date of next PPP review:	
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Why This Works:

Listen, it's simple: This system gives you clarity, focus, and accountability.

It's repeatable and easy to adapt.

And over time, you'll consistently move closer to your Ideal Performance Self by optimising each pillar holistically (as part of a greater whole).

As you grow as a person, you'll grow as an athlete and your performance also.

Conclusion: The Power is Now in

Your Hands

You now have a structured, practical tool to build towards becoming your Ideal Performance Self.

But remember, the PPP isn't just something to fill out once—it's a living document, designed to evolve as you grow and improve.

Each time you revisit and refine your PPP, you deepen your clarity, strengthen your commitment, and sharpen your focus.

Regularly updating your plan ensures continuous improvement, keeping you ahead of your competition and helping you perform consistently at your best.

Action creates champions.

So, start implementing your plan today.

Revisit your PPP often, adjust as needed, and watch your performance steadily improve.

Your Ideal Performance Self is within reach.

Let's go get it!

- Gideon (AthletePsychologyHub.com)