



Quick PPP Action Plan

Personalized Performance Plan: Identify Your Priority Areas

How to use:

Reflect briefly on each of the five pillars below.

Identify **one critical area** in each pillar that you feel currently needs the most attention or improvement for you to become your Ideal Performance Self (IPS).

Write a clear, practical action step for each.



1. Physical

(Fitness, strength, endurance, energy, recovery)

- **Priority Area to Improve:**

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- **Immediate Action Step:**
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2. Psychological

(Mental toughness, focus, emotional resilience, confidence)

- **Priority Area to Improve:**
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- **Immediate Action Step:**
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3. Skill

(Technical proficiency, consistency, specific sport skills)

- **Priority Area to Improve:**
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- **Immediate Action Step:**
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4. Strategy

(Tactical awareness, game adaptability, decision-making)

- **Priority Area to Improve:**
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- **Immediate Action Step:**



5. Relational / Social

(Team communication, coach-athlete relationships, support systems)

- **Priority Area to Improve:**

- **Immediate Action Step:**



Final Step: Prioritize Your Top Pillar

Look at your five action steps above and select the **ONE** pillar you believe, if improved first, will have the greatest impact on your overall performance:

My Top Priority Pillar is:



Next Steps:

- **Want to know exactly how to prioritize all five pillars effectively?**
- **Want clear guidance and personalised recommendations?**

➡ You can **Access a Full PPP Guide + Digital Assessment** to rank your improvement areas and build your performance plan more quickly and in-depth.

[Click here to get access now!](#)