



Creating Your Personal Peak Performance Plan

Let's face it – this profession can feel demanding at times! Many of us focus all our energy on serving those around us – our clients, teams, colleagues, family and friends – oftentimes at the expense of our own well-being.

In order to be a high performer, you must increase your capacity to bring energy and full engagement to the things you value most. Following is a process you can use to create and evolve your Personal Peak Performance Plan over time.

Step 1: What energy-recharging activity can you ADD to your daily routine?

For one minute, list out every activity you can think of that renews your energy – what uplifts you and makes you feel good? Then, choose one activity from this list to add into your daily routine. Choose something that feels manageable and will make a big difference for you.

Step 2: What energy-draining activity can you REMOVE (or limit or replace) from your daily routine?

For one minute, list out every activity you can think of that drains your energy – what brings you down or makes you feel negative? Then, choose one activity from this list to remove from your daily routine. Choose something that feels manageable (i.e., within your control) and will make a big difference for you.

Step 3: When and how will you build renewal breaks into your day?

In order to reach your peak performance zone, you must incorporate breaks throughout your day to renew your energy. Plan intentional downtime in your day at times where you typically feel low on energy. (Hint: This is a great time to plan for an energy-recharging activity from Step 1!)

Step 4: Why is this Personal Peak Performance Plan important to you? What difference will it make?

Having a clear purpose fuels our energy. Why does this matter to you? When you are successful with this plan, what will be different for you? Reflect on these questions, write down your responses and revisit them as often as necessary to fuel your follow-through.

Once you've successfully implemented your Personal Peak Performance Plan, repeat Steps 1-3 so you can continue to expand your energy capacity over time!



The Personal Peak Performance Pledge

I, _____, pledge to make my own well-being a top priority in my life.

I will notice my energy levels and engage in energy renewing activities on a regular basis.

I am more important than my to-do list.

My value as a human being far outweighs the sum of my accomplishments.

I will honor myself and my own personal limitations.

I will say no when necessary.

I will do what it takes to maintain my health in every sense of the word.

My well-being sets an example for others. When I thrive, I inspire those around me to thrive.

Signature

Date