

DEAN BOKHARI PRESENTS:

THE CORPORATE ATHLETE TRAINING SYSTEM {CATS}

TRAINING & ACTION GUIDE:

{PERSONAL DEVELOPMENT PLAN TEMPLATE}

{VISION WORKSHEET}

MY DEEPEST VALUES:

- 1.
- 2.
- 3.
- 4.
- 5.

MY STRENGTHS:

- 1.
- 2.
- 3.
- 4.
- 5.

PROJECT FORWARD TO THE END OF YOUR LIFE, WHAT ARE THE THREE MOST IMPORTANT LESSONS YOU HAVE LEARN AND WHY ARE THEY SO IMPORTANT?

- 1.
- 2.
- 3.

THINK OF SOMEONE YOU DEEPLY RESPECT. DESCRIBE THREE QUALITIES YOU MOST ADMIRE IN THIS PERSON.

- 1.
- 2.
- 3.

WHO ARE YOU AT YOUR BEST?

WHAT'S THE ONE SENTENCE YOU'D LIKE TO SEE ON YOUR TOMBSTONE THAT CAPTURES WHO YOU REALLY WERE IN YOUR LIFE?

WRITE YOUR VISION STATEMENT IN THE PRESENT, POSITIVE TENSE. IT SHOULD BE COMPELLING & INSPIRING ENOUGH TO MOVE YOU ON A DEEP, EMOTIONAL LEVEL.

MY PERSONAL VISION (REFLECTING MY DEEPEST VALUES):

MY PROFESSIONAL VISION (REFLECTING MY PERSONAL VISION & VALUES):

{BARRIERS WORKSHEET}

TOP WORK-RELATED PERFORMANCE BARRIERS:	CONSEQUENCES:
1.	
2.	
3.	
4.	
5.	

{ACTION & DEVELOPMENT PLAN}

RITUAL BUILDING STRATEGY

TARGETED MUSCLE(S):

PERFORMANCE BARRIER:

VALUE(S) DRIVING CHANGE:

EXPECTED PERFORMANCE CONSEQUENCE/OUTCOMES:

RITUALS TO SUPPORT DESIRED RESULTS:	LAUNCH DATE:
1.	
2.	
3.	
4.	
5.	