



# Performance Values Form

Initials \_\_\_\_\_ Date \_\_\_\_\_

The following is a list of performance values that may help direct your actions on a daily basis. After each value is recorded please rate how consistently you have behaved this way over the last two weeks. Then identify the barriers that prevented you from behaving in a valued way and the actions that must be taken to pursue those values.

**Teammate/coworker:** What type of teammate/coworker do you want to be? What does it mean to be a good teammate/coworker? Why is being a solid team member/coworker important to you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ **CONSISTENCY = /10**

*Barriers and Necessary Actions:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Sport/Work/Performance Activity:** What do you value about your activity? The challenge? Prestige? Enjoyment? Getting to interact with teammates? Helping people?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ **CONSISTENCY = /10**

*Barriers and Necessary Actions:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Training:** Is developing your skill important to you? Why is working at getting better meaningful to you? Are there any skills you'd like to learn or develop more fully?

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\_\_\_\_\_ **CONSISTENCY = /10**

*(Training, Continued) ... Barriers and Necessary Actions:*

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**Technical Skills:** What issues or behaviors related to technical skill development do you care about (e.g.: working on golf swing, sales presentation skills, etc.) what would you like to do more of?

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CONSISTENCY = /10

*Barriers and Necessary Actions:*

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**Tactical Skills:** What issues or behaviors related to tactical skill development do you care about (e.g.: planning a sales or presentation strategy, developing greater understanding of pitch or club selection, play, etc.)? What would you like to do more of?

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CONSISTENCY = /10

*Barriers and Necessary Actions:*

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**Recreation/Fun:** What type of activities do you enjoy? Why do you enjoy them?

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CONSISTENCY = /10

*Barriers and Necessary Actions:*

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