

GUT CHECK CARD



- 1 VISUALIZE YOUR GAME PLAN**
- 2 CURRENT SELF DIAGNOSIS**
- 3 DISCOVER YOUR OPTIONS**
- 4 INSTIGATE A REAL GAME PLAN**
- 5 TRACK OBSTACLES**
- 6 NEXT STRIDES**

1 VISUALIZE YOUR GAME PLAN

What do you want to build? Why?
What do you visualize most frequently? Why that?
You've just had a high performing week, what have you built or grown?
How much confidence will it take to reach your milestones?
How significant is your mission?
What does your gut instinct say about your design?

2 CURRENT SELF DIAGNOSIS

How self aware are you?
What path are you on right now? Why?
What weeds do you need to pull out of your mental orchard?
What's strides to be taken so far?
What intangible strengths/weaknesses need the most attention?
What tools do you currently have?
What do you have to give?

3 DISCOVER YOUR OPTIONS

What opportunities do you have at the moment?
When and where is your window of opportunity?
What new habits do you need to seed and begin to cultivate?
What shots have you taken?
Who can help you make the cut?
What is achievable and what is sustainable?
What is notable and what is noise?

4 INSTIGATE A REAL GAME PLAN

Courage or comfort, you can't have both; which do you choose?
What do you need to do right now?
Are you confident in your game plan?
Can you feel a positive momentum shift right now?
How can I/we help you achieve victory?
What does winning mean to you?

5 TRACK OBSTACLES

What gives you the most stress?
What potential obstacles are you currently overthinking?
What are the biggest distractions that will derail your plan?
How do you battle through adversity; trade/injury/low performance?
What is the worst-case scenario? Can you deal with that?
What bad habits will stifle your play? On/off ice.

6 NEXT STRIDES

Review in detail, the game plan; where will you start?
How will you stay focused?
Who will you tell about your game plan?
What would you like to be able to harvest by seasons' end?
Will you hold yourself accountable for these goals?
Do you feel a sense of purpose when you visualize your game plan?