

THE HIGH PERFORMANCE HABITS AUDIT



High performing teams are created by high performing leaders.

When you're intentional, energised and accountable, you are able to amplify this throughout your team.

Small hinges swing big doors.

DAILY

	Y	N
Are you doing your morning routine each morning?	<input type="checkbox"/>	<input type="checkbox"/>
Are you doing your daily planning session at the same time every morning?	<input type="checkbox"/>	<input type="checkbox"/>
Are you exercising for at least 30 mins daily?	<input type="checkbox"/>	<input type="checkbox"/>
Are you doing your end of day wrap session and planning for the following day each day?	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY

	Y	N
Are you running your weekly state of the business meeting on the same day and time every week?	<input type="checkbox"/>	<input type="checkbox"/>
Are you updating your company scoreboard every week?	<input type="checkbox"/>	<input type="checkbox"/>
Are you reviewing your team's KPIs and providing feedback/praise at a set time each week?	<input type="checkbox"/>	<input type="checkbox"/>
Are you running 20's each week to help team members raise their performance standards?	<input type="checkbox"/>	<input type="checkbox"/>
Are you attending at least one coaching session/week every week?	<input type="checkbox"/>	<input type="checkbox"/>
Are you posting your intentions in the FB group every Monday/Wednesday/Friday for self accountability?	<input type="checkbox"/>	<input type="checkbox"/>
Are you doing a weekly check in meeting with your business partner each week to ensure you are aligned?	<input type="checkbox"/>	<input type="checkbox"/>
Are you doing a weekly relationship check in with your life partner to ensure greater alignment and connection?	<input type="checkbox"/>	<input type="checkbox"/>

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MONTHLY

	Y	N
Are you attending a planning coaching session each month to update and review your plan?	<input type="checkbox"/>	<input type="checkbox"/>
Are you writing a monthly reflection each month?	<input type="checkbox"/>	<input type="checkbox"/>

QUARTERLY

	Y	N
Are you attending a quarterly planning session each quarter and updating your plan?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking a 5 day break each quarter to rejuvenate your mind and body?	<input type="checkbox"/>	<input type="checkbox"/>

Score: ____ /16

Takeaways

What did you notice from the high performance habits audit?

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Which of the high performance habits do you need to add to your routine?

Actions:

Schedule the above high performance habits as recurring events in your smart phone and up your game.

Review your performance every 30 days and repeat.