





Brian Cain Peak Performance  
 Personal Development Plan and Assessment For Brian Cain  
 Accountability Partner(s)  
 Assessment Happens On Wednesday's At 4:00pm – (5 Weeks 10/10-11/7/2012)



*"You Treasure What You Measure" & "Measurement = Motivation"*  
*"Awareness Is The First Step Towards Accomplishment"*

ROUND 1 – ASSESSMENT 1 - DATE = 10/10/2012

This assessment is designed to help you learn about the progress you have made on executing your personal mental conditioning and personal development plan. Please read each question and circle your response according to the scale below.

2 = Strongly Disagree 4 = Disagree 6 = Undecided 8= Agree 10 = Strongly Agree

**PERSONAL DEVELOPMENT PLAN**

|     | <b>SD</b> | <b>D</b> | <b>U</b> | <b>A</b> | <b>SA</b> |   |   |   |   |    |
|-----|-----------|----------|----------|----------|-----------|---|---|---|---|----|
| 1.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 2.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 3.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 4.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 5.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 6.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 7.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 8.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 9.  | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |
| 10. | 1         | 2        | 3        | 4        | 5         | 6 | 7 | 8 | 9 | 10 |

Total \_\_\_\_\_/100

| <b>SCORE</b> | <b>RATING</b> | <b>COMMENTS</b>  |
|--------------|---------------|--|
| 90-100       | Excellent     | I am following my PDP extremely close and am seeing the benefits from my work.                   |
| 80-89        | Great         | Overall I'm doing well at following my PDP, a few improvements should help.                      |
| 70-79        | Good          | I'm doing OK with following my PDP, I need to make key commitments to improve.                   |
| 60-69        | Okay          | I am struggling with my PDP and need to recommit with my accountability partner.                 |
| 50-59        | Poor          | I am beating myself badly and need to get my head back into the game, I have serious work to do. |
| 0-49         | Chaos         | I need to start over and redefine who I want to become and make significant life changes.        |

**WRITTEN PERFORMANCE BREAK DOWN OF MY ASSESSMENT ABOVE:**

One thing I will **START** doing to improve my performance: \_\_\_\_\_  
 (1) \_\_\_\_\_

One thing I will **STOP** doing to improve my performance: \_\_\_\_\_  
 (1) \_\_\_\_\_

One thing I will **CONTINUE** doing to improve my performance: \_\_\_\_\_  
 (1) \_\_\_\_\_

What I will ask my **ACCOUNTABILITY PARTNER** to do to help me progress: \_\_\_\_\_  
 \_\_\_\_\_

What I can do to help my **ACCOUNTABILITY PARTNER** achieve their goals: \_\_\_\_\_  
 \_\_\_\_\_



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ROUND 1 – FINAL ASSESSMENT TOTAL - DATE = 11/7/2012

This assessment is designed to help you learn about the progress you have made on executing your personal mental conditioning and personal development plan. Please write in your scores from each of the past five weeks.

**PERSONAL DEVELOPMENT PLAN 5 WEEK TALLY SHEET**

|     |  |  |
|-----|--|--|
| 1.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 2.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 3.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 4.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 5.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 6.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 7.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 8.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 9.  |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |
| 10. |  | 1. ___ 2. ___ 3. ___ 4. ___ 5. ___ TOT ___ |

| SCORE | RATING    | COMMENTS   |
|-------|-----------|--|
| 40-50 | Excellent | I am following my PDP extremely close and am seeing the benefits from my work.                   |
| 30-39 | Great     | Overall I'm doing well at following my PDP, a few improvements should help.                      |
| 20-29 | Good      | I'm doing OK with following my PDP, I need to make key commitments to improve.                   |
| 10-19 | Okay      | I am struggling with my PDP and need to recommit with my accountability partner.                 |
| 0-09  | Poor      | I am beating myself badly and need to get my head back into the game, I have serious work to do. |

**When you add up the five assessments of your ROUND 1 PERSONAL DEVELOPMENT PLAN, if you are between 40-50, that is a positive lifestyle change and characteristic and you can remove that goal and select a new goal off of the program Core Values sheet or you can create one that is specific and custom for you that when it becomes a lifestyle, you will improve your chances for success.**

**When writing your new goals, be sure that you write them in the present so they are written as if you are doing it NOW! Remove I WILL Statements, that means you will at some point. By putting your goals on the personal development plan you are making a commitment to becoming that person NOW!**

**As a member of your extended staff, please call, text or email me anytime if you want help with establishing your goals or with creating a better strategy for executing these goals. It is critical that you get feedback from your coaches about what you can do and who you need to become to give yourself the best chance for success this season and in your personal development.**

**Your Mental Conditioning Coach,**

**Brian Cain**