



Success Wheel

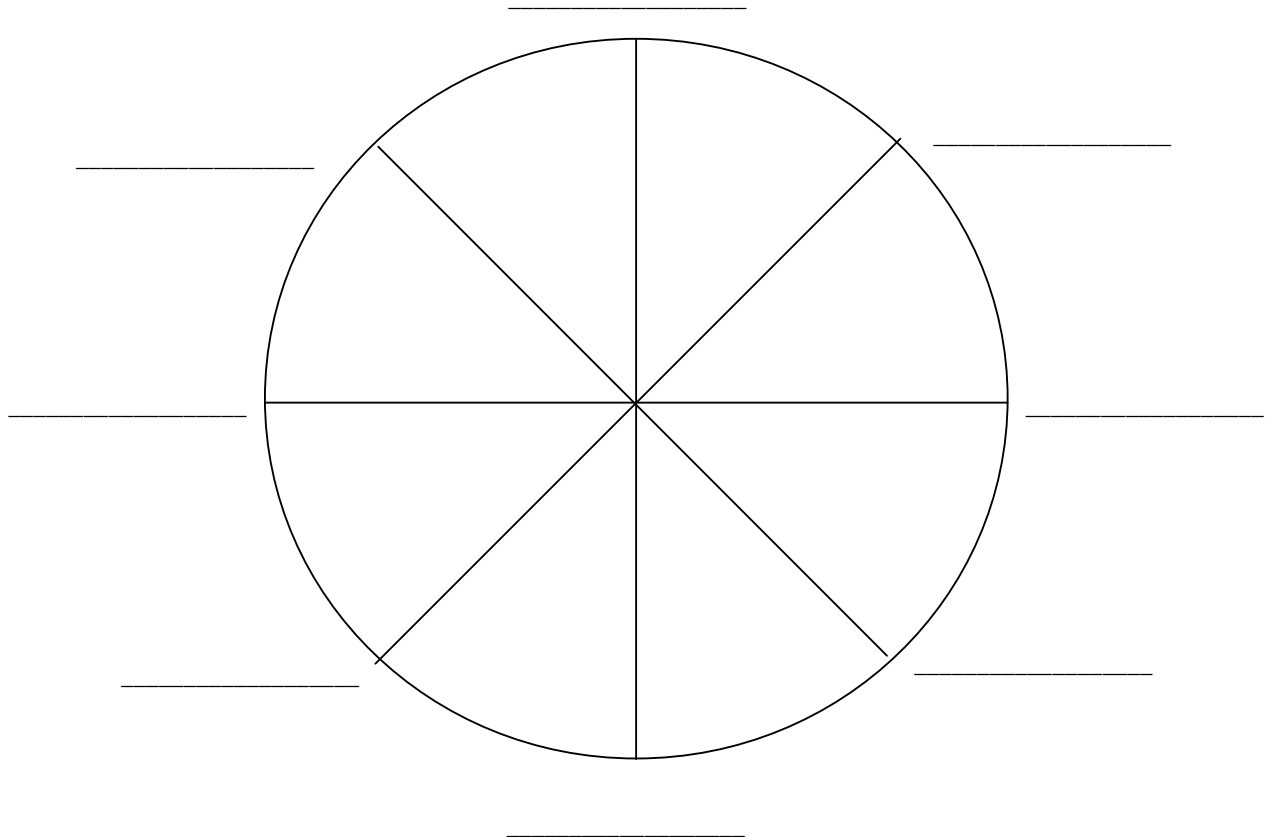
There are eight segments of the Success Wheel. You can adapt the Success Wheel to any sport, individual or team.

Firstly identify the 8 different segments that make up you as an athlete/coach, or your team. (ie. Your physical strength, your diet, your offense, your defence, communication, attitude, speed, power, etc)

Be totally honest with yourself and assess where you/team are right now (not where you'd like to be). How would you rate yourself/team in each of these segments?

Give yourself/team marks out of **10** for each of these segments. **0** being terrible, **10** being perfect. With the centre of the circle representing **0** and the circumference representing **10**, mark a point in each segment to denote your score. Then join up the points.

What does your '**Success Wheel**' look like?





Now let's identify what your IDEAL SELF/TEAM will look like.

Allow yourself to **IDEALISE** what you as an athlete/coach/team would be like in the ultimate situation. **VISUALISE** what you/your team will look like in each of the Success Wheel segments. What would a 10/10 look like in each segment? How will it feel to be living that, what do you see yourself/team doing? Engage all of your 5 senses. Give yourself permission to dream like a child and create an athlete/coach/team that would be your ultimate.

Now that you have had time to **THINK IT**, it's time to **INK IT**. Write down at least 3-4 things in each segment that describe and capture what your ideal athlete/coach/team would be.

Make sure that you are as specific as possible.

Segment 1: _____

Segment 2: _____

Segment 3: _____



Segment 4: _____

Segment 5: _____

Segment 6: _____



Segment 7: _____

Segment 8: _____
