

the SIX+ONE strategy

With this worksheet you have the six+one basic steps I use when working on my own goals as well as with some of my athletes right at your hands. Allow yourself to practice the methods for yourself first before you start using them with your clients or athletes. Always test strategies first before applying them with other people. Always!

You can use this worksheet as a step-by-step guide to plan a season with an athlete, to plan the next year for yourself, to plan the next steps in your business or whatever you need to plan, where it is useful not only to look into the future, but also into the past and even at yourself and who you are today and who you want to be.

Before you start, here are a few guidelines to keep in mind:

- 1. Take at least five hours to plan.** You don't need to complete all the steps in one day. But be sure to plan at least five hours for walking through the six+one steps and answering them as comprehensive as possible. Don't be surprised if it might take even a little longer.
- 2. Make an appointment – with yourself.** If you go through the six+one steps by yourself, block enough time for it. See it as an appointment that is as important as any other appointment. Obviously, when you're working with athletes and clients you make such appointments as well.
- 3. Turn off your phone.** In order to be fully concentrated at the task at hand, turn off your phone and disconnect your emails. Eliminate any possible distractions – just as you would when working with a client.



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1. Who am I?

- ✓ Identify your beliefs and attitudes.
- ✓ Write down what kind of human being (not doing!) you want to be.
- ✓ Think about what type of person you want to become.
- ✓ „I'm the type of person who is...“

2. What happened in the past?

- ✓ Write down what you wanted to happen.
- ✓ Acknowledge and accept what actually happened.
- ✓ Learn from the experience and why it happened.

3. What am I not willing to do in the future any more?

- ✓ Identify behaviors and habits you don't want to show in the future any more.
- ✓ Write down how you want to spend your time.
- ✓ Describe why you don't want to show these behaviors any more.

4. What do I want to happen in the future?

- ✓ Brainstorm your opportunities, dreams and goals.
- ✓ Write down your thoughts and ideas, as if you couldn't fail.
- ✓ Identify your highlight goals.
- ✓ Categorize your goals into outcome, performance and habit goals.

5. What do I need to do to achieve these goals?

- ✓ Define specific performance and process goals for each result goal.
- ✓ Define your next steps you need to make to proceed towards your outcome goals.
- ✓ Identify clear deadlines for each process, performance and outcome goals.
- ✓ Write down your habits and decide on which habit you want to start working today.
- ✓ Develop strategies that will help you stay on track when life gets difficult.

6. How can I visualize my goals?

- ✓ Decide on how you want to make sure that you keep your goals in mind.
- ✓ Make your goals visible and easy to remember.

7. Take action!

- ✓ Start working on your goals today – not tomorrow.

Outcome goal

Q DEADLINE _____

PERFORMANCE GOALS

_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline

PROCESS GOALS

_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline

NEXT STEPS

_____	Deadline
_____	Deadline
_____	Deadline
_____	Deadline