

Purpose: Build the New Road, Create effective and powerful actions that will guarantee your outcome

Step	Example	<NAME OF GOAL>
Define the Ideal Outcome for when the Goal is Achieved Define the goal in rich detail. What would having it look like, sound like and feel like?	As I cross the line, spent, relieved and proud. There is my family awaiting me. The smile on their face is one of pride and happiness. I finished in the the time I wanted, I trained hard and right and the rest of my life got better during the process	
How will you measure success? Sensory evidence of your success.	1. Sub 14hrs 2. A real smile on my partners face 3. No injuries - I can keep running	
What is the target? What is the targeted performance measure?	1. Sub 14hrs	
A quick check – is this target success measure outstanding? Outstanding goals lead to amazing consequences for you and your family and friends	Yes. Very.	
Is it humanly possible? yes/ no?	Yes.	
What is the exact timeline for having this?	9 months til race date	
What are the key dates along the path to achieving this?	1. August Marathon 2. October - First 80km 3. December - 100km Race	
What is your deeper intention/purpose for having this? What else do you gain that is important to you?	Push my personal boundaries, grow and learn and achieve.	
Who are you models? Stand on the shoulders of giants. Why would you re-invent the wheel if it has already been built?	Dean Karnazes, Pat Farmer	
If they were here, how would they answer the following questions?		
How did they do it? Their strategies and behaviours	Learnt of others. Tried and failed. Got public support and leveraged motivation by supporting charities	
What would have to be true for them to have achieved? What would be their empowering beliefs?	"They believe anything is possible if your heart is in it."	
What advice would they give you?	Never give up. Train Smart, Pay very close attention to your nutrition, get a good support crew of physios, doctors etc	

Step	Example	<NAME OF GOAL>
What would they tell you that you don't already know?	Having the support of your family is absolutely critical to getting through all the hard training. Have a conversation with them to see how they can help you and make sure they tell you when you've gone too far.	
What are all the resources the you need in order to get this? Resources can be material, time, information, skills, beliefs or values, etc.		
Technical What are the skills and capabilities we will need to perform and achieve our goal?	Improved Running Form, Race Day Nutritional Planning.	
Tactical What are the key performance dates? Perform a SWOT in your shoes? Perform a SWOT as though you are your competition? (If more than one competitor do it many times)	Race Day Speed and Rest plan	
Physical How will you need to be physically throughout the Prepare, Perform, Recover, Review cycle and in particular on key performance dates?	Need to be able to run 80km at race pace at least prior to race day.	
Mental Define the quality of flow states and other mental capabilities that you will need along the way.	Must have justifiable belief that I "can" finish the race by race day. 100% positive and happy on the day, supporting other racers. Flow state through my step cadence.	
Social What is the culture you need to create both internally and externally? What are the key relationships you need to build and/or improve? What relationships should you terminate?	Really supportive family and friends. Charity engaged and fundraiser held to build more support. Connected with other racers to share ideas and train together.	
Consequences – check that all the consequence of getting and having this are positive? If not, redefine the future vision.	Yes.	
Detailed Actions and Timeline Create a detailed list of actions / interdependencies that will deliver the initiative.	<ol style="list-style-type: none"> 1. Meet with new Coach and prepare training plan 2. Meet physio and prepare body maintenance plan with massages etc. 3. Sit with partner and family and plan next 9 months and agree to time spent in training and what this means for home life and social engagements etc. 4. Call charity of choice and agree to raise money for them. 5. etc - MAKE THIS LIST WITH KEY ACTIONS IN YOUR CALENDAR ALL THE WAY TO RACE DATE. 	
Add The Actions to Your Calendar	Done.	