

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?
