



HUMAN PERFORMANCE

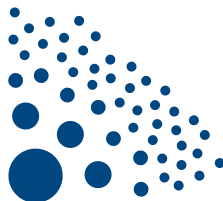


STRATEGY. LEADERSHIP. PERFORMANCE. IMPACT.

www.thehumanperformanceproject.com

30 DAY PLAN

Resilience, Energy & Optimal
Performance Program





Date:

DAILY PLAN

Energy Waking Up /10

Excitement for the day /10

5 Minute Meditation Yes | No

Cold Exposure Yes | No

Intention or word for the day

Most important priority today

How are you feeling waking up and looking forward to the day?

3 Gratitudes for Today

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DAILY RITUALS

What were my Recovery Windows today?

One thing I am personally proud of from today.

One area of opportunity I can improve on from today.

One thought, story or narrative which doesn't serve me that I can let go of today.

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