

A high-angle, low-perspective photograph of a very muscular man in a starting crouch on a paved road. He is wearing an orange tank top, green and white cycling shorts, and grey and blue running shoes. The background shows a vast, open landscape with mountains under a cloudy sky.

MH
MARTY HALE

**SPRINT TO
SUCCESS**

BY MARTY HALE



TABLE OF CONTENTS

PERFORMANCE WHEEL	3
PERFORMANCE ASSESSMENT	4
PERFORMANCE GOALS	5
ACCOUNTABILITY JOURNAL	12



PERFORMANCE WHEEL

PERFORMING AT YOUR HIGHEST LEVEL

There are six basic areas of life. On a scale from 1 to 10, with 10 being the best, rate yourself in the following areas on the MY LIFE SCORECARD. Be honest. If you're a 1, then rate it at a 1. Just the same, if you're a 10, then rate it a 10. Whatever you do, do not claim to be average in all areas.

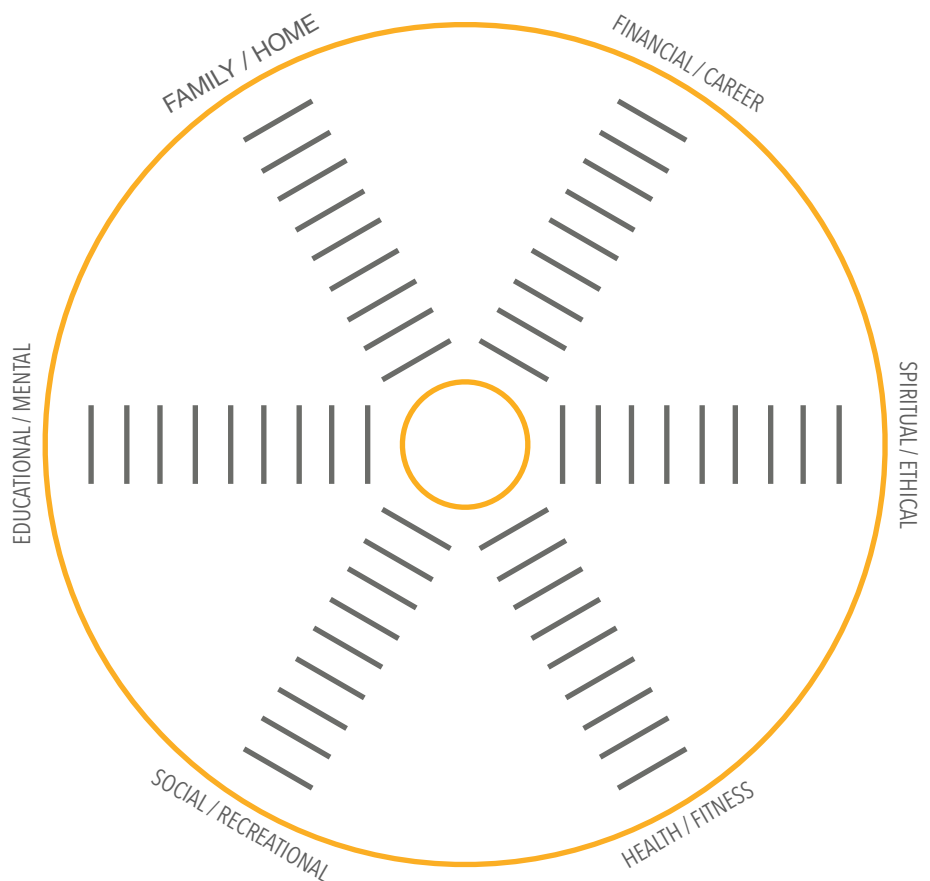
Now, take the numbers and transfer them to the PERFORMANCE WHEEL by drawing a dot on the hash mark that represents the number. 1 is the first inner hash mark of the wheel, and 10 is the outer edge of the wheel.

Now, connect the dots by drawing a line from one dot to the next around the wheel.

MY LIFE SCORECARD

Area of Life	Score
Family / Home	
Financial / Career	
Spiritual / Ethical	
Health / Fitness	
Social / Recreational	
Educational / Mental	

PERFORMANCE WHEEL





PERFORMANCE ASSESSMENT

ASSESSMENT

If this were a wheel on your car, how would the car handle?

If you were going 20mph, how would it feel?

If you were going 90mph, what would happen?

Realizing that this wheel is on your car called "LIFE", what measures do you need to take in order to perform at your highest level and become the winner you're meant to be?



PERFORMANCE GOALS

FAMILY / HOME

PERFORMANCE GOAL 1 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 2 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 3 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



PERFORMANCE GOALS

FINANCIAL / CAREER

PERFORMANCE GOAL 4 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 5 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 6 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



PERFORMANCE GOALS

SPIRITUAL / ETHICAL

PERFORMANCE GOAL 7 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 8 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 9 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



PERFORMANCE GOALS

HEALTH / FITNESS

PERFORMANCE GOAL 10 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 11 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 12 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



PERFORMANCE GOALS

SOCIAL / RECREATIONAL

PERFORMANCE GOAL 13 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 14 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 15 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



PERFORMANCE GOALS

EDUCATIONAL / MENTAL

PERFORMANCE GOAL 16 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 17 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____

PERFORMANCE GOAL 18 _____

PGA 1 _____

PGA 2 _____

PGA 3 _____



ACCOUNTABILITY JOURNAL

WEEK 1

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____



ACCOUNTABILITY JOURNAL

WEEK 2

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____



ACCOUNTABILITY JOURNAL

WEEK 3

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____



ACCOUNTABILITY JOURNAL

WEEK 4

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____



© MARTY HALE

15511 Hwy 71 West, Suite 110, #420, Bee Cave, TX 78738

512-912-6568 | info@martyhale.com