



The Perfect Performance Success System™

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Step 4: Play Book = Plan

Perfecting your Performance In Your Life and Business Forever!

Last month I shared the third step in the Perfect Performance Success System with you, Game Plan.

This month we are focusing on Step 4: Play Book.

Every coach knows that when it comes to creating success the more organized they are the better. They plan out every activity necessary to accomplish their desired outcomes.

Laying out your priorities and setting your plans in stone is extremely beneficial because it creates ownership, enhanced beliefs, and accountability for the process.

Your ability to generate daily action plans provides you with a process to follow. The action plans are simple steps that you must take in order to accomplish each goal.

Although the Olympics only occur once every 4 years, the coaches and athletes make detailed plans of what to do and not to do on a daily basis. This enables them to create the greatest opportunity for success. This planning is known as periodization in the sporting industry.

Many factors are taken into consideration when determining what to do and how to do it, from general foundational training all the way to specific tactical and technical skill development. Adjusting the volume, intensity, frequency, and duration to ensuring restoration and recovery. Other variables include exercise selection, competitive bouts, nutrition, supplementation, sleep, therapy, and mental training among many others.

Sponsored or national team athletes have the greatest resources available to follow detailed plans. For them each and every day is typically carefully designed down to the minute. Everything is planned in order to create positive adaptations over the course of the next 4 years.

The goal every Olympian is to bring home a Gold Medal. In order to accomplish this endeavor, the athlete must be capable of performing at a peak physical and mental state. In order to create this opportunity, a lot of factors must come into play. It starts with the creation and implementation of a very specific plan in order to make that a reality.

Step by step, the athletes and coaches embark on a systematized process for continual improvement with the intent to win. Planning can be a very exciting and charged element of your success process.

Inject passion and awareness into those plans and create a future of your own design!

To find out more about how you can implement the PPSS into your life now or purchase a copy of the book Making the Best Better...go to www.makingbestbetter.com.

Remember...
Success is not by chance, It is by Choice!
Tim

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