

## Daily Success Journal

### GOAL/SUCCESS PLAN RECORD

- Training/Performance Goals
- Mental Fitness Goals
- Course Works Goals
  
- Recreation/Fun Goals

### ACHIEVED

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(App to input goals from athlete's Weekly Goal/Success Plan)

### WELL JOURNAL – (Positive Experiences I Can Draw From)

- Awesome Performances
- Great Practice
- Feeling Happy
- Feeling Confident/Determined/In Control
- Good Rest and Nutrition
- Input Graphic Well

### MENTAL FITNESS RECORD (Dr B's 5C's)

Low

High

0 1 2 3 4 5 6 7 8 9 10

Confidence

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Concentration

Composure

Challenge Response

Commitment

Overall Performance Rating

Overall Satisfaction/Happiness Rating

