



## Purpose

To provide a framework for you to debrief training and performance. Each day, the end result of this process should be **concrete, actionable steps** that you can follow starting tomorrow. This allows you to improve **consistently with purpose**.

## Benefits

Good, Better, How is **simple, short, and relentlessly positive**. It helps build continuity into training and performance, allowing you to stay focused on the aspects of your mental and physical game that you're aiming to improve.

## Guidelines

### Good:

Always start with what you did well. **This will always be your biggest section!** You're rewiring your brain to pay attention to the positives, since evolution already has us focused on the negative! Remember that success fuels success in the long term, so noticing your little wins helps build major momentum.

### Better:

Answer the following question: "What one skill, if I improved it tomorrow, would give me the most bang for my buck?". **Make sure you only pick one**, and avoid negative language here. Instead of "what did I stink at today?", see if you can shift your language to "what will I get better at tomorrow?"

### How:

This is where the \$\$ is made! Take your 'better' and make concrete, actionable steps for improvement tomorrow. **Make sure these steps are small and in your control**. These become your marching orders for tomorrow!



Good

Better

How

Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			