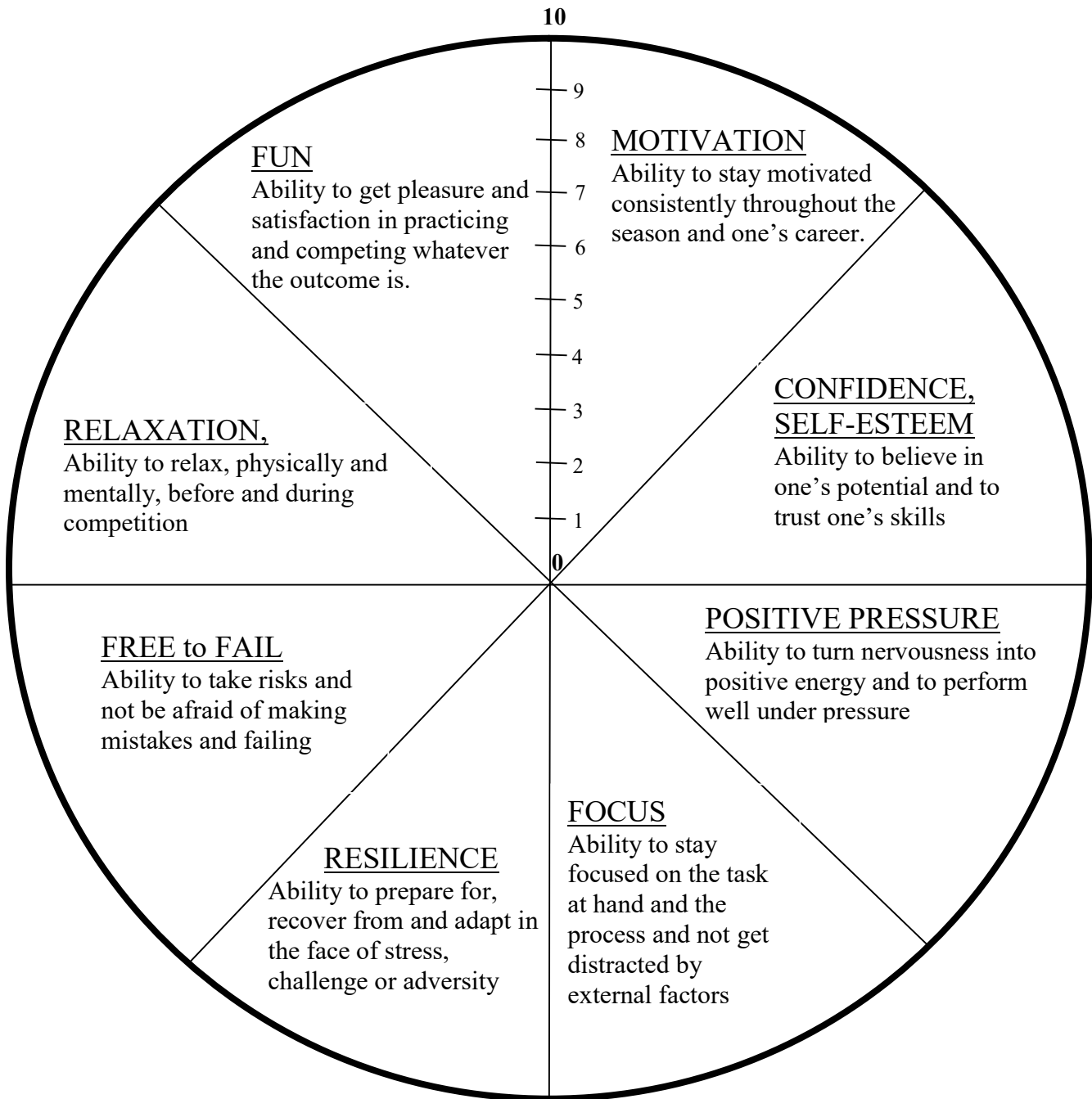


# The Wheel of Mental PERFORMANCE

The “Wheel of Mental Performance” Exercise will provide an overview of your level in 8 key mental skills.



Rank your level in each skill between 0 (center of the wheel) and 10 (Current perimeter of the circle) and draw a line corresponding at that level in the associated area. The new contour will give you a visual representation of your Mental Performance.

Review results and make note of any insights that are revealed.