



STEVE DAVIES  
PERFORMANCE COACHING

NAME: \_\_\_\_\_

2022

What was your best day(s) of 2022? Explain why

And the worst day?

Who inspired you or made you feel proud? *[Could be someone you know or a public figure ]*

What was your best achievement or the thing that you were most proud of in 2022?

What was your FAVOURITE....?

Film / Show / Concert	
Meal out / Social occasion	
Book	
TV show	
Holiday	



NAME: \_\_\_\_\_

2023

**Which people do you want to see more often in 2023?**

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**What do you want to CHANGE?**

Personal	Professional

**What do you want to IMPROVE?**

Personal	Professional

**What do you want to DO MORE OF?**

Personal	Professional

**What do you want to DO LESS OF?**

Personal	Professional

**What is your Mission Statement for 2023?**

Think of 2 or 3 phrases or statements that best sum up your aims, attitude & approach to life this year, a compass to guide your behaviour in any given situation.

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