

# MTT ONE-PAGE STRATEGIC PLAN

NAME \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_



## VISION:

\_\_\_\_\_

## MISSION:

\_\_\_\_\_

## ROLE:

\_\_\_\_\_

## WHEN I AM AT MY BEST ON THE ICE, I AM:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## AFFIRMATION EXAMPLES:

1. I deserve to be here, and I have earned this!
2. I can adjust my actions & emotions to this situation! (High EI)
3. I have done this before and am ready for this moment!
4. I am prepared and ready to compete with everything I have!

## MY AFFIRMATION(S) with EVIDENCE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My targets this week were: \_\_\_\_\_

\_\_\_\_\_

Was I deliberate in pursuit of my targets? **Y / N**

What adversity did I face this week? \_\_\_\_\_

\_\_\_\_\_

I talked with my mentors? **Y / N**

I celebrated my achievements? **Y / N**

Committed to Vision:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Emotionally Aware:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Front Loaded Confidence:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Used 5 Senses/Imagery:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Lived the Practice:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Followed Routines:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Anticipated Adversity:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Learned Through Gap Analysis:

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa

Personal and on-ice targets this upcoming week?

\_\_\_\_\_

\_\_\_\_\_

## MY ABC'S THAT I USE TO QUICKLY CHANGE THE CHANNEL (Reload = Relax, Release, Refocus)

**A** \_\_\_\_\_

**B** \_\_\_\_\_

**C** \_\_\_\_\_