



## Defining, Organizing, and Managing the Perform24 Priorities

Introduction from Levi.

At Perform24, our mission is to train hard in the gym so we can maximize our life outside it. Regardless of your profession, stage of life, objectives, or goals, we use 5 Priorities to illustrate the relationships between different areas of a broad-spectrum, high performing life.

Afterall, improvement in the gym is worthless if your life outside it isn't also thriving.

This worksheet will help you further understand our Priorities. I urge you to think of these Priorities as an ever-evolving, open ended journal prompt. These questions do not always require an answer or a response, they are simply here to stimulate critical thinking around each Priority.

Sometimes, simply bringing an awareness to one area of life can initiate a breakthrough.

I recommend you write down the mental flow you get through this exercise. Or, keep a live updating Note file on your computer or phone. Make sure you capture the dates you revisit your inputs. Over time your thoughts and positions will certainly evolve.

I hope you find value with these topics. Over the years I've worked with countless athletes, corporate professionals, college students, husbands, wives, and regular people evolve their own expectations, perspectives, and gameplans through questions exactly like these.

Train hard. Live full.

Levi Jaeckel.

## **Physical.**

How do you define physical health, physical fitness, or physical performance?  
What role does your physical capacity play in your life?  
How can you improve your health and physical capacity?  
Do you have specific health or performance goals?

## **Personal.**

Consider different levels of personal relationships, i.e., family, friends, colleagues, neighbors.  
Who are the people that depend on you?  
Who are the people that you depend on?  
What relationships need to grow stronger? Do any need more distance?  
How are you building new relationships?

## **Professional.**

What is your work?  
Are you proud of your work?  
Can you improve your work habits? Or are they too imbalanced now?  
Do you need to make professional changes?  
What will you do with the next stage of your career? What's next?

## **Psychological.**

Do you rest?  
Are you taking care of your mind?  
Do you have a creative outlet?  
Are you pursuing hobbies?  
Would you like to acquire new skills?  
What are you learning?  
Are you an active member of a Community? What Community needs you?

## **Purpose.**

Do you have a macro Purpose to the life you live? Do you think about legacy?  
Do the previous 4 Priorities align to drive your mission and overall purpose forward?  
Do any of the previous 4 Priorities need to be specifically turned "up," or "down?"  
Are you aware of the role YOU play in the lives of OTHERS?

I created Perform24 because improving your Physical Priority is the most practical place to start. Your physical routine is the easiest actionable item to get the momentum rolling.  
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