

# PLATT·FORM

*Performance* AND *Athletics*

## The 3 Pillars of Progress

### 1) Lay the Foundation:

- **Creating the Right Environment** - Part of setting oneself up for success is minimizing risk around them. It is important for student-athletes to be able to recognize risky situations and avoid having them as part of their environment.
- **Goal Setting** - Clearly identifying what it is that you want to do and learning/doing what it takes to get you there. Equally, it is important to recognize the things that may hinder or jeopardize your opportunity to reach these goals.

### 2) Put it to the Test:

- **Guidelines / Action Steps** - Following counsel of mentors and taking initiative.
- **Goals Progression & Measurement** - Working towards your goals and revisiting them each week.

### 3) Maintain Success:

- **Resources** - Access to mentors and your constant companion (*i.e. the compass*).
- **Accountability** - Weekly sessions and accountability partners.