

# PLATT-FORM

*Performance* AND *Athletics*

## The P.L.A.T.T. - FORM

Let's take a closer look at what each letter stands for:

**P** - Purposefully and Passionately

**L** - Learning

**A** - Acting On (and)

**T** - Teaching

**T** - ***(your) Truth***

"Your truth" is highlighted because it's what encompasses each area of your Platt-Form (Mental, Physical, and Social).

Remember what Aristotle said, "The whole is greater than the sum of its parts."

Meaning, no part is more important than the other and your Platt-Form is incomplete without each piece. Don't be incomplete!