Your Road Map

1. **What’s Holding You Back?**
   Identify what’s holding you back and isolate the five things that you struggle with most.

2. **Write A Letter To Your Sport**
   Explain to your sport (as if it were a person) how it’s holding you back. Incorporate the five things that you struggle with most.

3. **Identify Your Inner Circle**
   Who supports and loves you unconditionally? Surround yourself with people that view you as a person first to combat having your identity defined exclusively by your performance.

4. **Create Your Board Of Directors**
   This is a list of go-to people that can help you with what you do. You can have people from your inner circle on your board—but this group of people helps guide you on your path.

5. **Use a Glossary**
   Before picking the character skills that you want to focus on, make sure that you can clearly define each skill. We invite you to use our glossary, or you can create your own before deciding what skills you want to focus on.

6. **Pick 5 Performance And 5 Moral Skills**
   Identify the skills that you want to build and be known for during the upcoming year.

7. **Write Your End-Of-The-Year Awards Banquet Speech**
   Get ahead of the conversation. Write out what you want your team and coaches to say about you so it gives you a vision of who you are striving to become.

8. **Use An Accountability Program**
   Take accountability of your character development on a weekly basis. Ask somebody on your board of directors to use our note-card system to help make sure you are becoming the person you want to be on your chase.