

**CIRCUIT BREAKERS RACE SCHOOL
PERSONAL COACHING FORM**



Name _____

Date _____

Venue _____

Coach _____

Coaching is about helping to extract the best performance from an individual. To help identify limiting beliefs that are causing blockages stopping a person from achieving what they desire. Self belief, motivation, commitment and a willingness to learn are vital. Coaching is not about forcing views or teachings on to you. Everybody has unique desires, there are no rights and wrongs, it is whatever you want. To help you coach yourself you first need to identify clearly your goals, your limiting beliefs, your strengths and weaknesses. Take to time now to fill in this form so we can help you best.

Now please note that by putting a goal in writing is the first step towards success but goals must be *S.M.A.R.T.* That is Specific, Measurable, Achievable, give a Result and have a Time target. To 'lower my lap time' is a wish, to ' lower my lap time from 1.45 to 1.40' by February of 2006 is a *S.M.A.R.T.* goal.

My main short term (within next month) riding goals are (such as to lower my lap time to 1.42):

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My main long term (within next 12 months) riding goals are (such as to start racing next season, to get a higher grading from D to B, to win my first race in my series, etc):

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

If I could achieve one thing today it would be:

I need help, advice, coaching on:

My main riding strengths are:

My main riding weaknesses are:

