



Winning Strategies Workbook

Midgie Thompson

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Whether you are a serious athlete, someone trying to raise their game or someone just wanting to get that extra edge in life, this winning Strategies Workbook is your key to helping you achieve peak levels of performance.

Based on the Winning Strategies for Sports and Life book, this workbook walks you through a step-by-step plan, combining elements from life coaching, NLP and sports psychology to help you become the best you can be. You will start off by picking a goal and putting it in to the context of the bigger picture of your life before moving on to specific performance-related skills and strategies.

With a brief introduction to the concept and description of each section, this workbook provides key questions with the space to write your answers, so you have all your insights and ideas in one handy place.

By working through this Winning Strategies plan for your goal, you will gain greater insight into yourself, where your goal fits into your life and the skills to ensure success.

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