

Figure 4.2: Performance gap analysis

Use this chart to assess your own performance gap. Identify a desired reality—perhaps running a 5K. Next, honestly note your current performance goal: Can you run around the block? Run or walk for a mile? Once you determine the gap, fill out the middle column with specific action steps to move closer to your goal—how will you close the gap?

Current reality	Steps to close the gap	Desired reality