

THINKING  
LEADERS

# PERSONAL PERFORMANCE

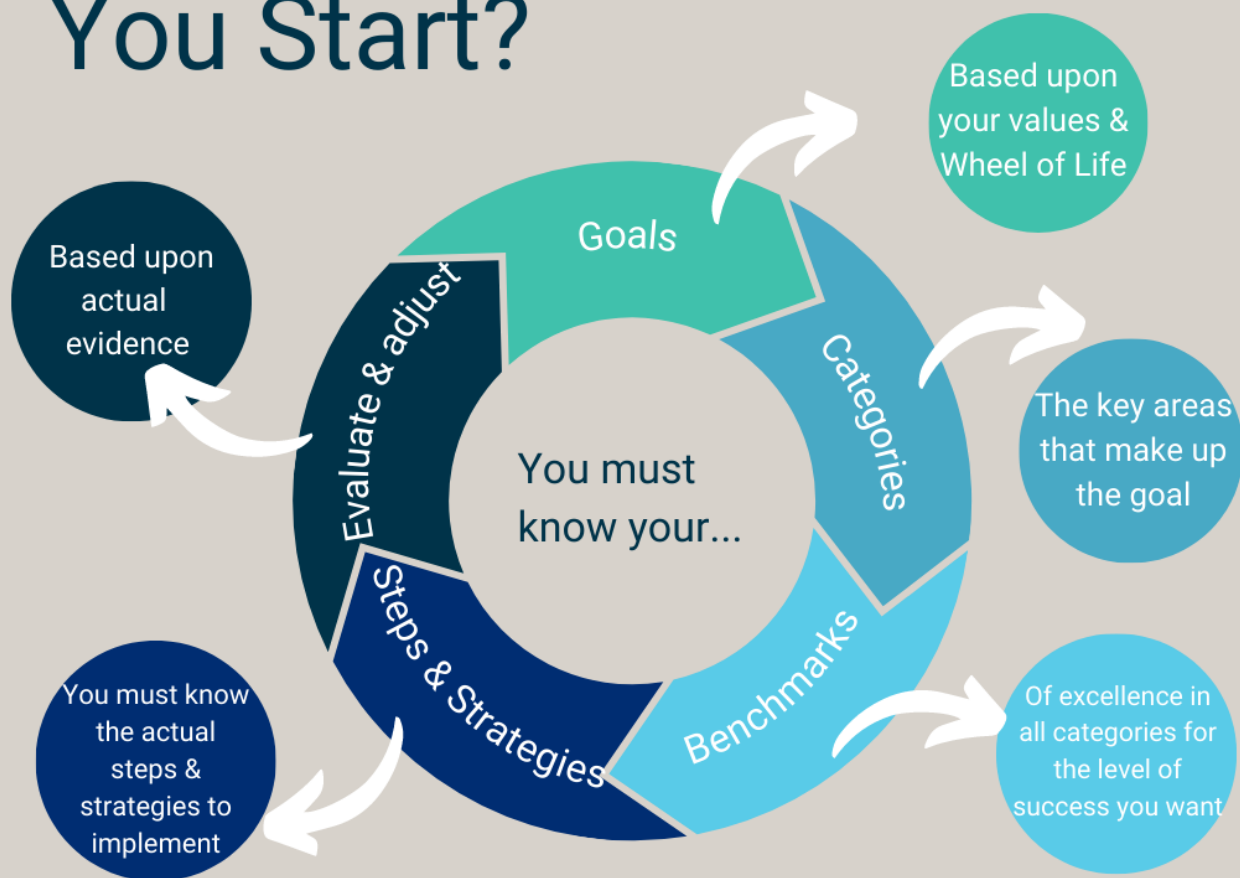
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## Benchmarks

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## WHAT ARE YOUR BENCHMARKS?

### Where Do You Start?



## SOME EXAMPLES OF SETTING KPIs

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Here's an example of a personal KPI you could set (using SMART goals):

1. **What is my desired goal?** My goal is to be able to run 5 kms
2. **Why does this goal matter?** My health and wellness is a top goal of mine, and running is a way of combining by fitness goals with my mental wellness goals. Running is meditative form of exercise. It will also give me a great sense of achievement knowing I can do it. (Specific & Relevant)
3. **How long will this goal take?** From my research, best practice is 12 weeks to achieve this goal
4. **How am I measuring my progress towards the goal?** I am using the best Learn to Run app in the marketplace to help me understand and set the benchmarks of excellence for progress
5. **What is the time frame on achieving this goal?** On a weekly basis - my goal is to run 3 times per week over the course of 12 weeks
6. **How will I know when I reached my desired goal?** I will be able to run 5 kms without stopping

Or a fear based KPI - Public Speaking

1. **What is my desired goal?** To overcome my fear of public speaking.
2. **Why does this goal matter?** Overcoming my fear of public speaking will open me to new career opportunities, allow me to share my ideas in a public forum, and will open me up to leadership roles in the future. (Specific + Relevant)
3. **How long will this goal take?** I want to take the month to conquer my fear and ongoing pursuit of improvement and mastery
4. **How am I measuring my progress towards the goal?** I am working with a coach each week to help me unblock the fears, and then learn the art of speaking excellence.
5. **What is the timeframe on achieving this goal?** On a weekly basis. My goal is to make one leap per week over the course of the 4 weeks.
6. **How will I know when I reached my desired goal?** I will have reached my desired goals when I feel confident and excited to speak publicly. I have self-trust knowing I've got this.



## YOUR TURN

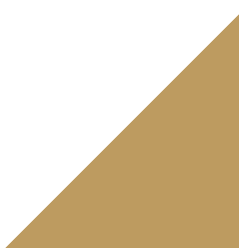
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We need to start by asking yourself a few questions:

1. What is your desired goal?

2. Why does this goal matter?

3. How long will this goal take?

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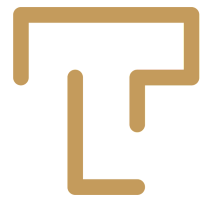
## **YOUR TURN**

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4. How are you measuring your progress towards the goal?

5. How often are you measuring progress?

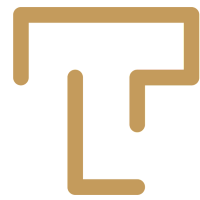
6. How will you know when you have reached your goal?



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# NOTES

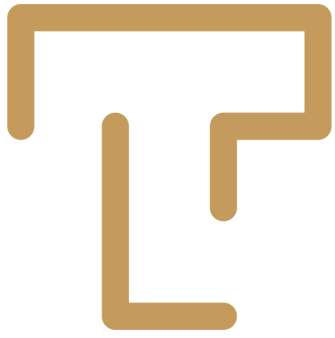
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# NOTES

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