

## Thinking about Performance

### Performance Equation

$$\text{Performance} = \text{Skill} + \text{Habit} + \text{Fit}$$

### Life . . . Your Finest Performance

---

---

---

Your Skill	Skill . . . Inherent & Trained
------------	--------------------------------

Your Habit	Attitude / Thoughts / Effort / Behaviour
------------	--

Your Fit	Situation / Influencers / Environment
----------	---------------------------------------

**What are your goals in History 12?**

--

**What can you do to maximize your performance in History 12?**

Your Skill	Skill . . . Inherent & Trained
------------	--------------------------------

Your Habit	Attitude / Thoughts / Effort / Behaviour
------------	--

Your Fit	Situation / Influencers / Environment
----------	---------------------------------------