

Thinking about Performance

Performance Equation

$$Performance = Skill + Habit + Fit$$

Life . . . Your Finest Performance

Your Skill	Skill . . . Inherent & Trained
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Your Habit	Attitude / Thoughts / Effort / Behaviour
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Your Fit	Situation / Influencers / Environment
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What are your goals in Social Studies 10?

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What can you do to maximize your performance in Social Studies 10?

Your Skill	Skill . . . Inherent & Trained
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Your Habit	Attitude / Thoughts / Effort / Behaviour
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Your Fit	Situation / Influencers / Environment
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