



Performance Excellence Checklist

Requirement

Explore the table below to gauge the average productivity of yourself and your team during a typical workday.

Evaluate your current performance level by responding to the questions using the provided scale. Respond based on your actual behaviour rather than perceived expectations. Total your scores in each column and then add to a grand total.

Question	Scale					Total Score
	Poor		High			
	1	2	3	4	5	
How productive would you say you are on an average day?						
Do you feel you are as productive as you could/should be?						
How productive would you say your staff are on an average day?						
Do you feel your staff are as productive as they could/should be?						
Do you complete your TO DO list by the end of each day?						
Do you often think, 'how do I get more out of my time'?						
How much do you feel you need more staff to get through your current workload?						
Do you enjoy leading staff?						
How effective would you say you are at leading staff for high performance						
How much do you incorporate neuroscience principles to lead your staff?						
How energetic would you say you are at the end of each day?						
How energetic are your team members?						
How positive are your team members?						
How much importance do you place on your fitness?						
How much importance do you place on your nutrition?						
Total:						



Performance Excellence Checklist

Results

1. (0-25) Seeking Relief: My team and I may be experiencing burnout, and our productivity is far from its potential.

By the end of the day, frustration sets in as only half of the to-do lists are completed. I find myself rushing from one meeting to another, starting multiple tasks, facing constant interruptions, yet achieving little. The team and I feel exhausted, mentally drained, and lack the motivation for tasks requiring substantial energy. Balancing quality time with family, maintaining a healthy diet, and regular exercise seem challenging due to the energy drain.

The desire to expand the team and avail additional services is present, but financial constraints hinder these efforts. The busy schedule prevents me from focusing on essential tasks required to attract new clients.

What's next?

The physical and mental challenges you're currently facing are likely unsustainable and may be affecting your profitability. Consider the long-term implications for your family, business, and clients if burnout continues.

The positive news is that this doesn't have to be a prolonged situation. Quick and effective tools are readily available for immediate implementation, providing fast results to help you regain control. Once back on track, explore the possibilities of taking your business to the next level.

Reach out to Trendzz Only for a complimentary, no-obligation discussion with one of our coaches. Let's explore how we can guide you back to sustained performance and increased profitability.



Performance Excellence Checklist

2. (26-59) Unleashing Potential: My team and I possess the potential for high performance.

Our day has some structure, and we accomplish small tasks on an ad hoc basis. Juggling multiple tasks, I acknowledge the challenge of not giving each the time and focus they deserve due to conflicting demands. Continuous demands for attention from my staff and a stream of important/urgent tasks are part of my daily routine. While I enjoy coming to work, focusing more on what I enjoy would enhance my experience. Family time is consistent, yet my focus tends to be on work, and improvements in fitness and nutrition are needed.

I aspire for increased efficiency among my staff, which would significantly alleviate my workload. However, achieving that elusive "next level" with them proves to be a recurring challenge.

What's next?

You're making commendable strides toward high performance, and with a bit more focus on enhancing your own performance and refining your leadership skills, a substantial increase in profits awaits.

It's possible that you may not fully realize the untapped profit potential within your business. Reach out to Trendzz Only for a complimentary, no-obligation discussion with one of our coaches. Let's explore the profound impact of taking your business to the next level and discuss strategies to guide you on that journey.



Performance Excellence Checklist

3. (60-70) Peak Performer: I enter the office with a skip in my step.

Brimming with daily enthusiasm to accomplish tasks. With a well-defined structure, I effortlessly complete all assignments before leaving for the day. My energy extends beyond office hours, allowing quality time with family and friends, coupled with regular exercise and proper nutrition for sustained high performance. Work feels seamless, and I relish the moments spent with my team engaging in activities I love.

The only challenge lies in finding staff who can match my pace and efficiency, a source of occasional frustration.

What's next?

You're currently operating at a high-performance level, positioning you well to attract exceptional staff. Elevating your business to the next level requires honing leadership skills to guide others to your high standards, even if their approach differs from yours.

Connect with us at Trendzz Only for a complimentary, no-obligation discussion with one of our coaches. Let's delve into the potential impact of taking your business to the next level and explore strategies to assist you in achieving that goal.

Schedule a FREE 15-minute Brainstorm/Discovery Call now!

Let's turn your challenges into opportunities and build a brighter future for your business & career. Our team is ready to help you take the next steps towards success.

To schedule your call, simply click on the link below:

<https://calendly.com/businesstrendzz/15min?month=2024-03>

Alternatively, you can email us at support@trendzzonly.com and we'll get back to you promptly to arrange a convenient time for your call.

Don't miss out on this opportunity to take your business & career to new heights. Schedule your call today!