**Personal Performance Formula for Task 1**

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| --- | --- | --- |
| Test your Personal Performance Formula (PPF) | |  |
| Task (*short description or name of the task*) | | |
| Your PPF factors (from your list on page 90) | How the PPF applies to this task | Applies? |
| 1 |  | YES/NO |
| 2 |  | YES/NO |
| 3 |  | YES/NO |
| 4 |  | YES/NO |
| 5 |  | YES/NO |
| 6 |  | YES/NO |
| 7 |  | YES/NO |
| 8 |  | YES/NO |
| 9 |  | YES/NO |
| 10 |  | YES/NO |
| Total number of ‘Yes’ | |  |
| Other factors or conditions that would enable me to perform best at this task: | | |