**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: |