



IMPLEMENTATION WORKSHEET

Put what you learn from the summit sessions into action!

WHAT TOP 3 LESSONS DID I LEARN FROM THE SUMMIT?

Write down three key points that you found the most helpful

WHAT SKILL DO I NEED TO IMPROVE THE MOST?

Write down the skill that is the biggest challenge or sticking point in your game

WHAT ACTION WILL I TAKE TO IMPROVE THIS SKILL?

Write down a detailed plan of action for improving this skill. Make your action statement specific, measurable, attainable, relevant, and time bound ([SMART GOALS](#))

WHAT DAYS PER WEEK WILL I WORK ON THIS SKILL?

HOW WILL I HOLD MYSELF ACCOUNTABLE TO CONSISTENTLY PRACTICE THIS SKILL?

Ideas:

- Post your plan in the [Tennis Summit Facebook Mastermind Group](#)
- Write your plan down in a journal or on a piece of paper
- Post your plan on social media (Facebook, Twitter, Instagram, etc)
- Make a bet with your friends about your commitment to this action item

HOW WILL I CELEBRATE MY ACHIEVEMENT WHEN I REACH MY GOAL?

Having something to look forward to celebrating helps sustain your motivation

Ideas:

- Get yourself new tennis clothes/gear
- Treat yourself to that gift you've been wanting to buy
- Buy tickets to a professional tennis tournament