

SUPERCHARGE OR SABOTAGE

A Personal Performance Audit

Identify what fuels you to be your best, and what is quietly undermining it.

Be brave and be honest for yourself, and those who need you.

HABITS	Supercharge:	Sabotage:
MINDSET & SELF-TALK	Supercharge:	Sabotage:
ENERGY	Supercharge:	Sabotage:
STANDARDS	Supercharge:	Sabotage:
TIME & ATTENTION	Supercharge:	Sabotage:
PEOPLE	Supercharge:	Sabotage:
REACTIONS	Supercharge:	Sabotage:
ENVIRONMENTS	Supercharge:	Sabotage:

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MY COMMITMENTS

What is sabotaging you the most?

What will you commit to reducing or eliminating?

What is supercharging you the most?

What will you commit to amplifying or enhancing?