EXPECTATIONS
Are You Chasing High Performance?
The High Performance Call Out
Childhood

Near-death experience.
Virginia Military Institute

Cadet (Student) <-> Athlete.
82nd Airborne Division

Platoon Leader <> Manager or Director.
9.11

A significant emotional event for me.

CWY
7th Special Forces Group

Special Forces Commando.

CW
Marriage

24 November 2007

CWY
Birth of Charlotte

3 February 2009

CW
Special Missions Unit

October 2009
Elite Performance - Top 1%.
Birth of Bryce

22 September 2010

CWY
Separation (5 years)

25 August 2014
Army Retirement

31 October 2016
TEAMWORKS Inc.

Account Executive & Manager Organizational Performance.

CW
What did you see in me as you listened to my story?
A thought exercise for you about your performance.
Have I maximized my potential?
HIGH PERFORMANCE

How is it defined?

CW
HIGH PERFORMANCE

Success in desired results, above established norms, over the long-term.
HIGH PERFORMANCE

Success in desired results
(part 1 of 3 parts).

CW
HIGH PERFORMANCE

Above established norms.
(part 2 of 3 parts)
HIGH PERFORMANCE

Over the long term.
(part 3 of 3 parts)

CW
HIGH PERFORMANCE

Success in desired results, above established norms, over the long-term.
DISCIPLINE

How is it defined?
Where does discipline come from?
SELF DISCIPLINE
DISCIPLINE

The behavior of self-control.
My Top 9

Deliberate Disciplined Habits.

CW
Self-Awareness

Get to know yourself

CW
I See By...ISCB II
- Identity
- Strengths
- Core Competencies
- Behavior
- Influence to Impact

CW
Self-Care

Only you can do it

CWY
Self-Care

Physical Fitness | Emotional Fitness | Mental Fitness
Spiritual Fitness | Financial Fitness
Leadership is Influence.

Make Data-informed Decisions

Activate Objectivity | Suppress bias

CWY
Know your Role

Embrace it | Do it extremely well.

CW
Practice

Train | Prepare better than everyone

CW
Set Goals

Annual Targets | Evaluate Monthly | Accountability partner
<table>
<thead>
<tr>
<th>Target</th>
<th>Date Planned</th>
<th>Date Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete 420 hours of coaching</td>
<td>NLT DEC 2022</td>
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<tr>
<td>-Completed 404 in 2021.</td>
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<tr>
<td>Complete 2x Outdoor Leadership Experiences</td>
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<tr>
<td>1x Spring (youth focus)</td>
<td>1x MAR 2022</td>
<td></td>
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<tr>
<td>1x Fall (adult focus)</td>
<td>1x OCT 2022</td>
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<tr>
<td>Complete 2x Keynote Speeches</td>
<td>NLT DEC 2022</td>
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<tr>
<td>Teach 6 classes for The Honor Foundation</td>
<td>2x Bragg</td>
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<td>2x Lejeune</td>
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<td>2x VA Beach</td>
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<tr>
<td>Renew MARSOC contract for second year</td>
<td>NLT NOV 2022</td>
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<tr>
<td>Target</td>
<td>Self-Care Line of Effort</td>
<td>Date Planned</td>
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<td>------------------------------------------------------------------------</td>
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<tr>
<td>Attend 1x weekend Faith-based men’s retreat.</td>
<td>Spiritual Fitness</td>
<td>NLT DEC 2022</td>
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<tr>
<td>Buy 3 tickets to Army &lt;&gt; Navy Game</td>
<td>Emotional Fitness</td>
<td>NLT SEP 2022</td>
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<tr>
<td>Take Kids on Ski Trip to Snowshoe WV.</td>
<td>Emotional Fitness</td>
<td>FEB 12-15 2022</td>
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<tr>
<td>Book family Ski trip for FEB 2023.</td>
<td>Emotional Fitness</td>
<td>NOV 2022</td>
</tr>
<tr>
<td>Take the Kids on a Spring Break Trip to Aquatica or Blizzard Beach FL.</td>
<td>Emotional Fitness</td>
<td>15-22 APR</td>
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<tr>
<td>Target</td>
<td>Self-Care Line of Effort</td>
<td>Date Planned</td>
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<td>------------------------------------------------------------------------</td>
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<tr>
<td>Purchase &amp; take kids on a Christmas trip to Washington DC.</td>
<td>Emotional Fitness</td>
<td>JUL purchase for DEC 2022 trip</td>
</tr>
<tr>
<td>Accumulate $20K in Emergency Fund</td>
<td>Financial Fitness</td>
<td>NLT DEC 2022</td>
</tr>
<tr>
<td>Accumulate $25K in Stock Market</td>
<td>Financial Fitness</td>
<td>NLT DEC 2022</td>
</tr>
<tr>
<td>Read 2 books. - Courageous Follower - Dare to Lead</td>
<td>Mental Fitness</td>
<td>NLT DEC 2022</td>
</tr>
</tbody>
</table>
Weekly Ladder Goals | 1Qtr

Walk for 30 minutes 4 out of 7 days a week.
Listen to Daily Readings 5 out of 7 days a week.
Journal 5 out of 7 days a week.
Read the paper 5 out of 7 days a week.
Exercise 6 out of 7 days each week -> 3 days cardio & 3 days lift.
Read for 20 minutes 3 nights a week with Charlotte & Bryce.

CW
Identify Success Criteria

Focused Effort | Intentionality | Individual & Collective
Seek Value-alignment

Increased level of fulfillment | Peace
Value-alignment.

My Core Values
Honesty | Humility | Bravery | Grit | Spirituality
Create Routine

Structure & Consistency are paths to excellence.
DISCIPLINE

The behavior of self-control.

CW
HIGH PERFORMANCE

Deliberate Disciplined Habits

● Self-Awareness. Get to know yourself.
● Self-Care. Take care of yourself.
● Make data-informed decisions. Activate objectivity.
● Know your Role. Embrace it & do it extremely well.
● Practice. Train & Prepare better than everyone.
● Set Goals. Each year; and find an accountability partner.
● Identify Success Criteria. Focused effort.
● Value-alignment. Experience increased fulfillment.
● Create Routine. Structure & Consistency | paths excellence.
Stay connected with Court Whitman

Listen to my Podcast:
“High Performance Pathways” on Amazon Music, Apple Podcast, iHeartRadio Podcast, Spotify and Google Play.

www.courtwhitman.com
insta@cw_inspiringhighperformance