CHOPS - High Performance, Personified

Outcome:	**Lose 15 pounds**	Date: April 5, 2024
Identity:	**Someone who doesn't miss a workout**	
Core elements of high performance	*Select from guide or create your own*	*Notes/Eval:*
Character	1. Self-awareness 2. Patience	
Habits	1. Managing impulsivity 2. Persisting	
Opportunities (for growth, contribution, and support)	1. Become a healthier version of myself. 2. Have more energy in life. 3. Join a fitness community.	
Priorities	1. Sleep (over screen time) 2. Healthy food choices (over tempting alternatives)	
Skills	1. Flexibility skills 2. Time management skills	

CHOPS High-Performance Framework

Plan/Goal/Outcome:	_____	Date:
Identity:		
CHOPS Framework	*Core Elements of High Performance*	*Notes/Eval:*
Character	1. 2. 3.	
Habits	1. 2. 3.	
Opportunities (for growth, contribution, and support)	1. 2. 3.	
Priorities	1. 2. 3.	
Skills	1. 2. 3.	

Using the CHOPS Template:

Step 1: Identify the outcome and the associated identity

Step 2: Identify character qualities required (from the list or add your own)

Step 3. Identify habits required (I use the *16 Habits of Mind* by Art Kosta and Bena Kallick)

Step 4: Identify opportunities for growth, support, and contribution

Step 5: Identify top priority considerations

Step 6: Identify top skills required

Step 7: Review, assess, and adjust as required

Character qualities

Calmness	Courage	Compassion	Integrity	Kindness
Justice	Humility	Honesty	Respect	Loyalty
Forgiveness	Tolerance	Acceptance	Gratitude	Responsibility
Fairness	Patience	Self-Control	Self-Awareness	Love

16 Habits of Mind

Persisting	*Thinking and communicating with clarity and precision*	*Managing impulsivity*	*Gathering data through all senses*
Listening with understanding and empathy	*Creating, imagining, innovating*	*Thinking Flexibly*	*Responding with wonderment and awe*
Thinking about thinking (metacognition)	*Taking responsible risks*	*Striving for Accuracy*	*Finding Humor*
Questioning and posing problems	*Thinking interdependently*	*Applying past knowledge to new situations*	*Remaining open to continuous learning*