

P³ PERFORMANCE MAP BUILDER

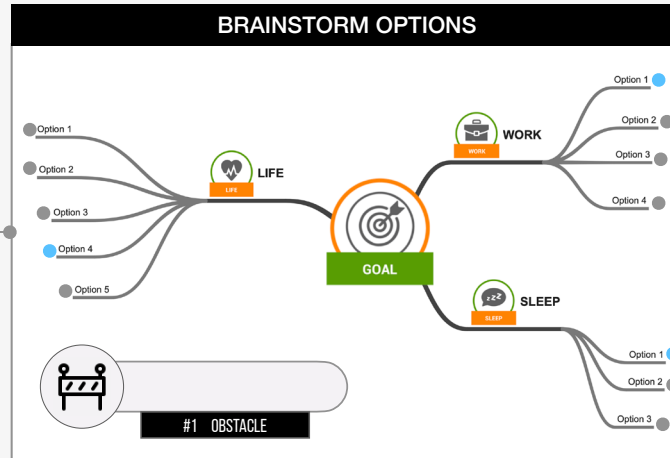


THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR SLEEP QUALITY 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Laying The Path For Sustainable Sleep & High Performance

GOAL

WHAT?



PRIORITIZE

1

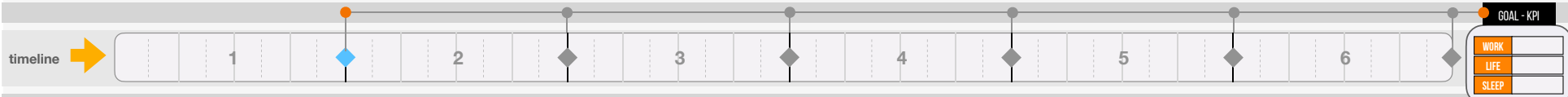
2

3

4

5

6



WEEK 1

1 ACTION STEPS

SLEEP

LIFE

WORK

WEEK 2

2 ACTION STEPS

SLEEP

LIFE

WORK

WEEK 3

3 ACTION STEPS

SLEEP

LIFE

WORK

WEEK 4

4 ACTION STEPS

SLEEP

LIFE

WORK

WEEK 5

5 ACTION STEPS

SLEEP

LIFE

WORK

WEEK 6

6 ACTION STEPS

SLEEP

LIFE

WORK

PTS P³ Performance Tracker

TRACKING OBJECTIVES	TARGET	1	2	3	4
KPIs					
sleep quality (1..10)	-				
well being (1..10)	-				
productivity (1..10)	-				
WORK-LIFE-SLEEP-BALANCE					
HABITS					
read goal daily	1				
habit 2	1				

MEASURE YOUR SUCCESS

LET'S MAP OUT YOUR SPECIFIC SLEEP & PERFORMANCE PLAN TOGETHER - BOOK YOUR FREE 1:1 SLEEP IMPROVEMENT CALL TODAY - [HTTPS://ENERGY.SLEEPTRUST.EU/PTS-BOOK-A-CALL](https://energy.sleeptrust.eu/pts-book-a-call)



