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Step 1

Assess Yourself



VAN THARP INSTITUTE

Step 1: Assess Yourself

Considerations

1. Beliefs

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Considerations

1. Beliefs

2. Time and Skills

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Considerations

1. Beliefs

2. Time and Skills

3. Strengths and Weaknesses

(Peak Performance Course, Profile)

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4. Objectives

(goal, loss tolerance, realistic?)

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