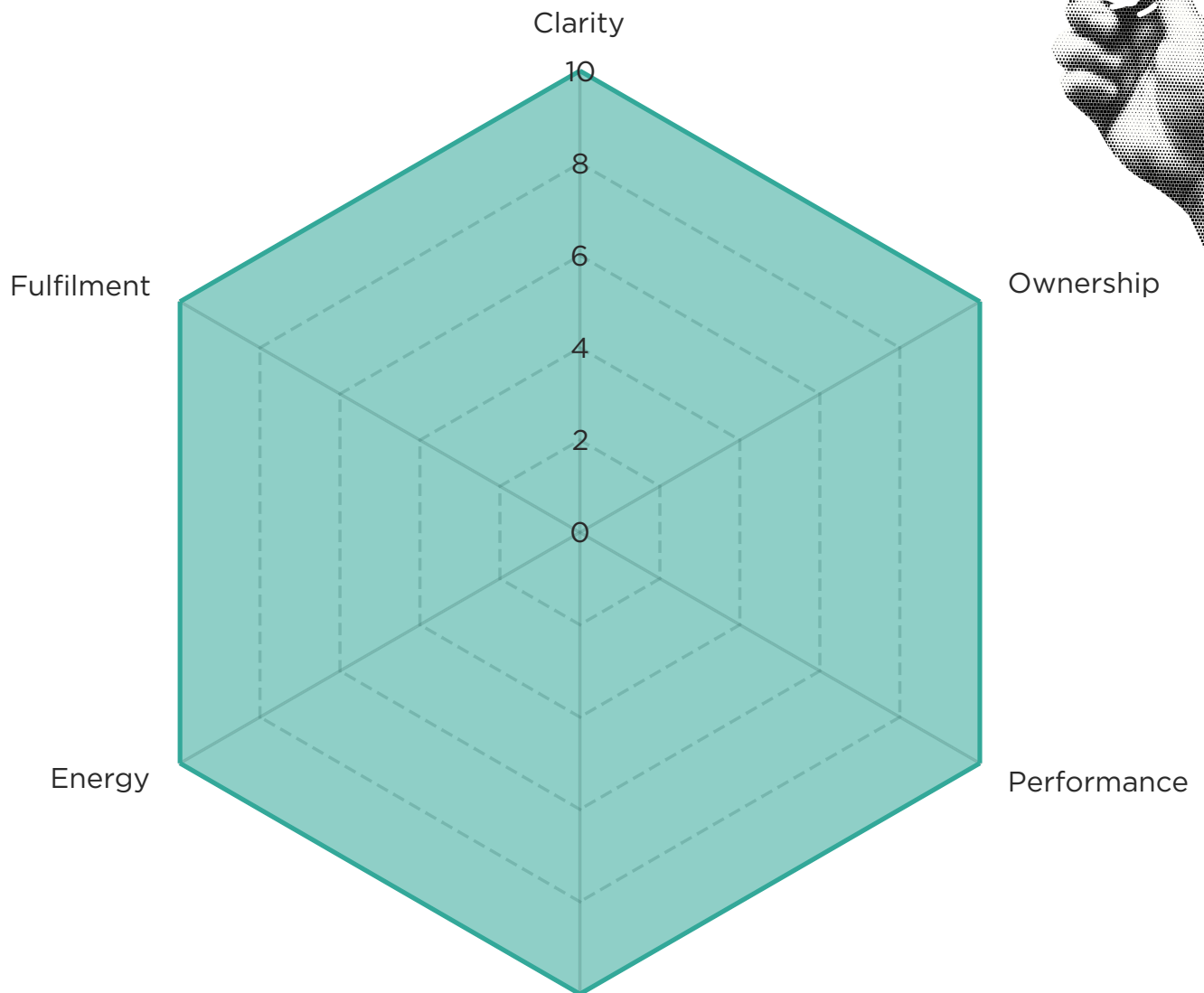


LOV PERFORMANCE PULSE

Your 5-minute check on clarity, balance, and growth.

"Rate yourself 1-10 across each dimension of the LOV Performance Pulse - then connect the dots to see your growth pattern."



Which one, if lifted by one point, would make the biggest difference?"

”
TRACK YOUR
PROGRESS
THROUGH THE SIX
LOV MODULES

NOTES:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DEFINE YOUR VALUES

Clarify what values drive your internal compass:

01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

Now summarise these into your top 5:

01		
02		
03		
04		
05		

DEFINE YOUR VALUES

Now really focus on summarising these to three:

01		
02		
03		

How does this come to life as a person, a performer and as a business



READY TO TAKE THE NEXT STEP?

You've completed your LOV Performance Pulse - now it's time to turn insight into action.

LOV Academy is here to help you lift those scores and create clarity, balance, and fulfilment in your business and life.

Visit lovacademy.co.uk to get involved & find out more