

THE TRAINING DAY
PRIORITY DETERMINING PROCESS

TRAININGDAY

The Training Day Priority Determination Process® developed by Brian Foley author, educator, leadership and performance specialist. This is a multi-step process in which you keep refining your answers until your alignment of priorities finally emerges with crystal clarity.



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Brian Foley is a high-performance coach and founder of THE TRAINING DAY. THE TRAINING DAY is a fully encompassing system that prioritizes physical and mental performance. The system incorporates continuous progressive methods of movement, mental, and nutritional enhancement. The principles and tools are used to guide and elevate individuals to their highest form of expression. This methodology is beneficial for elite performers to everyday heroes. It will set the foundation for long-term physical movement, mental development, and lifestyle habits. I am committed to empowering individuals to reach their fullest potential, leading to a global movement for the good of all.



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Q4 Priority Determining Process

What inspires you?

What inspires you now? What has inspired you in the past? What is common to the people who inspire you? What inspires you most reveals what you value most.

List in detail 3 things

What do you visualize and realize?

I'm not talking about fantasies. I'm asking what you visualize for your life and goal outcomes that are slowly but surely coming true?

List in detail 3 things

What do you think about, and what are your most dominant thoughts?

I'm not talking about the negative self-thought or the things that distract you. I'm not talking about the fantasies, "shoulds," or "oughts." I'm talking about your most common thoughts about how you want your life – thoughts that you show slow or steady evidence of actually bringing to fruition.

List in detail 3 things

What are the most consistent long-term goals that you set?

What are the three long-term goals that you have focused on that you are bringing into reality? Again, I'm not talking about the fantasies that nothing is happening with. I want the dreams you are bringing into reality slowly but surely, the dreams that have been dominating your mind and your thoughts for a time – the dreams that you are bringing into daily life, step by step by step.

List in detail 3 things

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Q4 Priority Determining Process

PART 2

Once you have written down your answers for part one you will notice the repeated repetition. You may be expressing the same kind of values in different ways. Look closely you'll see patterns begin to emerge.

What do you want to achieve in the next 3-months?

What is obtainable for you in the next three months? What are some realistic goals you believe you can achieve?

List in detail 3 things

How do you want to spend your time training?

What inspires you the most to focus on? What are some real areas you believe you will enjoy the day-to-day process of progressing?

List in detail 3 things

What would you love to learn about the most?

What are the three most common topics you love learning or are interested in learning about most? What three topics can you stay focused on and would love to learn about without distraction?

List in detail 3 things

TRAINING DAY

“I see The Training Day as a holistic system that gives individuals access to the tools necessary to build, grow and reach maximal human potential.”

-Brian Foley

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The purpose of THE TRAINING DAY is to teach people quality movement, bring balance to their lifestyles, and help individuals gain mastery over their personal pursuits.

An individual's 'pursuit' varies from person to person. THE TRAINING DAY provides the necessary framework which allows anyone, regardless of their gender, age or goals, to fulfill that 'pursuit.' Areas like physical strength, endurance, proper fueling and nutrition, mental training, and lifestyle habits are addressed in perfect harmony within a TRAINING DAY Program. These areas keep an individual's body and mind in balance.

