



ACHIEVE WITH ATHENA

# SEASONAL SUCCESS MATRIX

WHEN DO YOU ANTICIPATE YOUR BUSIEST SEASONS  
AT WORK?

WHEN DO YOU ANTICIPATE YOUR BUSIEST SEASONS  
IN YOUR PERSONAL LIFE?

WHAT TIME OF YEAR HAS HISTORICALLY  
THROWN YOU "OFF TRACK" IN THE PAST? WHY?

WHAT SEASONAL ACTIVITIES DO YOU LOVE DOING  
THAT YOU WANT TO PRIORITIZE?

**HOW WILL YOU ORGANIZE YOUR TRAINING  
THROUGHOUT THE YEAR, KEEPING YOUR  
GOALS IN MIND, TO SET YOURSELF UP  
FOR SUCCESS ?**

**JANUARY**

**FEBRUARY**

**MARCH**

**APRIL**

**MAY**

**JUNE**

**JULY**

**AUGUST**

**SEPTEMBER**

**OCTOBER**

**NOVEMBER**

**DECEMBER**