**EPQ Week 4**

**How does personality effect performance?**

* **What you have done?**

Chosen title

Emailed Mr Rickart for advice

Ordered 2 books to read

* **What discussions you have had?**

Spoken with family members

Taken advice from Mrs Pascoe Williams

* **Any changes that you have or will need to make to your plans**

Now that I have chosen my title, I have made a plan to start my research. So no changes yet.

* **What resources you have found or hope to find**

How bad do you want it by Matt Fitgerald

Champions Mind by Jim Aftermow

A website article from Bangor University

Need to view the VLE and TED Talks

* **What problems you are encountering and how you are solving them**

Choosing a title, as sports is not my chosen career path but I find this topic really interesting. So, after weighting it up I felt this topic title was the best option as in life how we approach things whether in sports, school or work all have similar results.

* **What you are going to do next**

Research, research, research – Over the next 2-3 weeks I want to read and source as much information as I can.