

True Performance Realization Applied Journal

Author's Guidelines:

Purpose: The *True Performance Realization Applied Journal (TPRAJ)* publishes original, valid, relevant, and accessible information that advances understanding of how to optimize human performance. Articles should provide readers with practical insights that can be applied across a diverse range of settings.

Style of Writing: *TPRAJ* is designed for a broad audience, ranging from parents and student athletes to military leaders and experienced human performance professionals. Content should be clear, engaging, and useful to both non-specialists and experts. Following the principle stated by Arthur Schopenhauer, “*One should use common words to say uncommon things.*” Thus, authors are encouraged to present complex ideas in a straightforward and understandable manner. Use of AI to generate or refine article content is not supported by *TPRAJ*.

Article Content: *TPRAJ* publishes novel ideas, perspectives, and methods for eliciting human performance. While the views published in the *TPRAJ* do not have to align with the TPR Model, they must be supported by credible evidence, such as peer-reviewed research, professional experience, and established publications.

Submission Requirements: Manuscripts submitted should be prepared according to these requirements:

- **Formatting:** Double spaced, Times New Roman 12-point font, with 0.5-inch margins.
- **Abstract:** Abstracts uniquely describing the article should be between 100 – 200 words.
- **Length:** 1,000–5,000 words (excluding references). Ideal length is between 2,500 – 3,500 words.
- **References:** Chicago Manual of Style.
- **Submission:** Email manuscripts to president@trueperformancerealization.com
- **Review process:** Articles will be reviewed by the Review and Editorial Staff. Authors will typically receive a response within 30 - 45 days.
- **Publication schedule:** Articles will be published quarterly.
- **Originality:** Articles submitted to *TPRAJ* cannot be simultaneously submitted and/or accepted elsewhere.

Writing Tips:

- Clearly state the thesis or purpose within the first few paragraphs.
- Support claims with compelling evidence (e.g., published works, research findings, or valued professional experience).
- Ensure arguments are logically structured and well-developed.
- Plagiarism is not acceptable. When in doubt, cite the source.

Evaluation Rubric:

All submissions are evaluated according to six criteria (below). Each is scored on a 1-4 scale:

Category	1 (Unacceptable)	2 (Needs Improvement)	3 (Meets Standard)	4 (Exceptional)
Originality	Not novel	Somewhat novel	Unique Contribution	Highly innovative
Validity	Unsupported claims	Weak justification	Evidence-based, logical	Strongly justified
Relevance	Minimal impact	Limited relevance	Influences human performance	Significant influence
Applicability	Not practical	Limited application	Clearly applicable	Broadly applicable
Understandability	Too technical or poor grammar	Somewhat unclear	Accessible to general readers	Highly engaging
Correctness	Frequent errors	Occasional errors	Few minor errors	Polished and error-free

Scoring Guidelines:

- Article must achieve a minimum score of 18/24 to be considered for publication.
- Articles receiving a score of “1” in any category will not be accepted.
- Scores of “3” and “4” reflect the journal’s high standard for publication.