

DR. JASON SELK

the relentless pursuit of greatness

Success Log ***4 Minutes of Toughness Training***

Knowing something does nothing...doing something does...

Name: _____ **Date:** _____

1. What did I do well in the last 24 hours?

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2. What is one thing I want to improve in the next 24 hours?

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3. What is one thing I can do differently to help make the above mentioned improvement?

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4. How did I do today with RSF? 1 2 3 4 5 6 7 8 9 10