

RSF: Relentless Solution Focus
The Ultimate Measure of Mental Toughness

RSF: Relentless Solution Focus

Name: _____

Date: _____

1. The # 1 Obstacle to Mental Toughness: _____
2. RSF: _____
3. Mentally Tough People Focus on: _____
4. Expectancy Theory: _____
5. How do I know if I am in need of RSF? _____
6. RSF Tool: _____
7. RSF Theory:
 - Always have a Solution on the Board:
 - Do all Problems have Solutions:
 - +1 Concept:
 - Can't say "I Don't Know":
 - The Socratic Power:

RSF

<u>Problem</u>	<u>Solution</u>
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What is 1 thing I can do differently that could make things better?

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Success Log

Name: _____ **Date:** _____

Knowing something does nothing...Doing something does!

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

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-
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2.) What is one thing I want to improve in the upcoming 24 hours?

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3.) What is one thing I can do differently that could help make the improvement?

-

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

Success Log

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