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

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

- 
- 
- 
-
Success Log

Name: _____________________________________   Date: __________

Knowing something does nothing…Doing something does!

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

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

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

Name: ____________________________ Date: ____________________

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