

DR. JASON SELK

the relentless pursuit of greatness

RSF: Relentless Solution Focus
The Ultimate Measure of Mental Toughness

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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

Problem

Solution

-
-
-
-

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?

-
-
-

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

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