

Success Log

1. What three things did I do well in the previous 24 hours?

- _____
- _____
- _____

2. On a 10-point scale, how well did I do completing my professional process goal?

3. On a 10-point scale, how well did I do completing my personal process goal?

4. What is one thing I want to improve in the upcoming 24 hours?

5. What is one action step I can take to help make the above improvement?

6. On a 10-point scale, how well did I do with RSF today?
