



JAIREK ROBBINS
RAPID RESULTS
FORMULA

Day #4 Daily Tracking!

Today's goal is to start measuring your actions to ensure that you are making progress towards living your IDEAL DAY and achieving your goals!!

Each daily action is measured to help you begin to identify patterns of achievement and patterns of "feedback" you have in your life today... over time you will clearly see the patterns in your day to day life and have an opportunity to adjust them, make progress, and fully live your IDEAL DAY!

In this download you have 2 options...

Option #1- Use my outline of the top 7 main areas of life and choose two actions in each section that you will focus on daily...(you will identify these on day 5 in the *Ideal Day* design process)

Option #2- Choose your own personal top 5-7 areas of focus in your life and create 2 actions for each to focus on daily...

In this tracking system you will receive RESULTS and/or you will receive FEEDBACK... (Remember: there are no failures!)

If you get feedback, answer the following questions:

1. What can I learn from this?
2. What is GREAT about this?
3. What can I do better tomorrow?? (Make sure to apply this the following day!)

By asking these questions daily eventually you will accumulate enough learning experience to define MAXIMUM PERFORMANCE and establish a very effective set of habits that create your ideal day!



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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total	Notes
Health/Energy									
1.									
2.									
Emotions									
1.									
2.									
Relationships									
1.									
2.									
Business/Mission									
1.									
2.									
Finances									
1.									
2.									
Contribution									
1.									
2.									
Celebration									
1.									
2.									



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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total	Notes
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1.									
2.									
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