

Tip Name: ____

Mindset Musing #14: Sample Tracking Tool

Accountability Partner: ___

You know the saying, "What gets measured, get's done." When you are committed to making a change and introducing new actions, behaviors or thoughts, it is critical to track your progress. Research suggests that those who take the time to measure progress are more successful in making progress. If you committed to trying on one or more of the 25 tips revealed in So Long Inner Critic, Hello Inner Champion: 25 Tips to Master Your Mindset, then this sample tracking tool can help you translate that commitment into execution and results. Use this tracking tool for each of the tips you have committed to incorporating into your eight week action plan.

Date Used	Situation (Where & When) Tip Used	Degree of Success (0-100%)	Barriers to Success	Commitments to Improve Future Success

Contact Marcie at 708.373.9613 for support in tracking your efforts to Master Your Mindset.

Copyright 2013 © Materials are copyright by Marcie Stern & Associates.

They are not to be shared with, distributed to, or photocopied for any person without written permission of Marcie Stern & Associates