

Friday Checkin

Compare what you scripted to what occurred.
Copy and answer questions and send to:
ruth@ScriptingForSuccess.com)

Date:

Name:

Email:

What was the focus/title of this week's circle map that you wrote on Sunday?

What was the Vision/Intensions inside Circle Map?

What were the Resources/Support Outside Circle: (skills, inspiration, books, friends, mentors, successes that support your vision / decision)?

Write how you FEEL now that it's Friday:

What were the topics of the three success scripts you created on Sunday?

SCRIPT #1:

SCRIPT #2

SCRIPT #3

Who were the "Ideal win/win conversations" with that you planned this week?

1.

2.

3.

Next to each name state how well each conversation went: (bad, ok, good, great, didn't happen.)

If I started to feel stuck or overwhelmed, I read my one sentence Success Scripts to keep me focused on my ideal week. ___ Yes or ___ No.

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What did you do for yourself this week (non-business/goal related)?

The one person I showed love/gratitude/appreciation for was:

List one thing I was MOST excited about in business/my life this week was:

The one thing that worried me MOST about in business/my life this week was:

I was able to ease some of the worry by:

My Success Script/ Manta for this week was:

(I Put It on a Sticky Note / Google Calendar And Read It Everyday): ___ Yes, ___ No

If I could go back in time to Sunday and rewrite a headline or success script that could help me focus better this week, it would have been:

_____ Yes, I was committed to focusing on what was working in my professional/personal life this week. I showed up every day and read my Success Scripts. I payed attention to those Feel Good/ Déjà Vu thoughts, feelings, conversations and opportunities that helped me build a business/life that changes lives, and by doing so, I change my own. I reached out when I felt stuck and I pushed forward and read and wrote additional results focused Success Scripts when fear showed up. I did this!