

# FRANK SEPE'S 12 DAILY QUESTIONS

1. WHAT IS MY *DEFINITIVE* OVERALL GOAL? \_\_\_\_\_

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2. WHAT IS MY GOAL FOR TODAY? \_\_\_\_\_

\_\_\_\_\_

3. HAVE I DONE EVERYTHING IN MY POWER TO REACH THAT GOAL TODAY? \_\_\_\_\_

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4. WHAT PROGRESS DO I SEE AND FEEL, AND AM I MOVING IN A POSITIVE DIRECTION?

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5. IS MY NUTRITIONAL PLAN CUSTOMIZED TOWARD THAT GOAL? \_\_\_\_\_

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6. HAVE I STRAYED/CHEATED FROM MY NUTRITIONAL PLAN TODAY? WHEN AND WHY?

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7. WAS TODAY'S WORKOUT CUSTOMIZED TOWARD MY GOAL? \_\_\_\_\_

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8. DID I GIVE A GOOD EFFORT DURING TODAY'S WORKOUT SESSION? \_\_\_\_\_

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9. DID I SKIP ANY EXERCISES, AND WHY? \_\_\_\_\_

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10. DO I GET ENOUGH SLEEP AND REST? \_\_\_\_\_

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11. HOW MOTIVATED AM I? \_\_\_\_\_

\_\_\_\_\_

12. DO I NEED TO MAKE ANY CHANGES TO MY PLAN? \_\_\_\_\_

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