

CRS Approach Daily Sheet

Name: _____

Date: _____

Step 1: Checklist (Start of Day - Define clear tasks, goals, improvement areas)

Task No	Task Name	Priority
1		
2		
3		
4		
5		
E.g.	Wake up early in the morning	High

Step 2: Review List (End of Day - Honest Review)

Task No.	Completed (Yes/No)	Other Remarks
1		
2		
3		
4		
5		
E.g.	No. I Failed to wake up early.	

Step 3: Suggestion List (End of Day - Identify gaps and define improvements)

Task No.	Task Issue	Reason	Improvement Action
1			
2			
3			
4			
5			
E.g.	Failed to wake up	Slept late last night, used phone	Stop using phone after 10pm

Day Summary

Key Learning of the Day	
Key Action Needed	

Remember

Fill this sheet every day — no excuses. If you don't track your actions, you will not improve. Systems create results, not intentions.

CRS: Plan → Execute → Review → Improve

Tip: Start with fewer tasks and increase gradually as performance improves.

Source: <https://reshamsingh.org/blog/crs-approach.html> , for any support contact: contact@reshamsingh.org