



Extremity Experts

ACADEMY

INSTITUTE FOR CLINICAL EXCELLENCE

THE

MASTERY SCORECARD™

30-DAY MASTERY CHALLENGE

Mastery is not a destination—it is a daily decision.

This scorecard is your opportunity to pause, reflect, and intentionally grow.

Complete it honestly today, revisit it in 30 days,
and measure progress—but progress.

MASTERY			TODAY (1-10)	IN 30 DAYS (1-10)
M	MINDSET		☐	☐
A	ACCOUNTABILITY		☐	☐
S	STANDARDS		☐	☐
T	TENACITY		☐	☐
E	EXCELLENCE		☐	☐
R	REFINEMENT		☐	☐
Y	YIELD (WISDOM & BALANCE)		☐	☐



MY GREATEST OPPORTUNITY

Which ONE area deserves your greatest
attention over the next 30 days?



MY ONE DAILY COMMITMENT

*"One intentional action repeated daily
creates extraordinary results."*

Today I will...



MY ACCOUNTABILITY PARTNER

Name _____ Date _____

ASSESS. COMMIT. ACT. REPEAT. BECOME EXTRAORDINARY.



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THE
RELENTLESS

PURSUIT
OF

PRECISION

*...in Practice,
in Leadership,
in Life.*

– Dr. Mitch Mally

YOUR MASTERY
STARTS TODAY.

REFLECTION GUIDE

THE HEART • THE MIND • THE PRACTICE • THE LIFE



HEART

Am I becoming the person my family deserves?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely

Who has encouraged me that I need to thank?

Am I serving others from purpose rather than pressure?



MIND

What belief is limiting my growth?

What new habit will make me a better clinician and leader?

What fear have I allowed to slow my momentum?



PRACTICE

Did every patient today receive my very best?

- ☐ Yes
- ☐ Mostly
- ☐ Needs Improvement

What clinical skill will I intentionally refine this month?

Am I pursuing continuing education because I have to... or because I want to become extraordinary?



LIFE

If nothing changed over the next five years... would I be proud of the life I'm living today?

What legacy am I building?

What is one relationship that deserves more of my attention?



MY PERSONAL COMMITMENT

I choose to pursue mastery with integrity, humility, discipline, and purpose.

Signature _____ Date _____

THE 30-DAY CHALLENGE

- ☒ Complete this today.
- ☒ Select ONE area for improvement.
- ☒ Perform ONE intentional action every day.
- ☒ Review your progress in 30 days.
- ☒ Repeat.



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MASTER YOURSELF. MASTER YOUR CRAFT. MASTER YOUR IMPACT.