

BUDGET - ESSENTIAL COST --Shelter _____ +Food _____ +Phone _____ +Trans _____ + Inurances _____ + Dental _____ Minus net income _____ } Disposable D1 = [_____]
 -NON-ESSENTIAL NEEDS COST = anything not mentioned above;, etc. Non-essentials Total [_____] subtract from Income D1 for Disposable Income 2 = _____

Status 0's-chronic 5=OK 10=good effort STRATEGY _____
 Prioritize with multiple 1's, 2's or 3's (1=most important)

MAJOR GOALS	-print w/ pencil min 10 goals w/o regard to time, effort or money			ACTION	Start times	STEPS
PERSONAL	m	t	w	t	f	s
Health						
FUNt						
Health						
Self Knowledge						
Self Care						
Growth						
Support						
Project						
	m	t	w	th	tf	fs
SOCIAL						
Community						
Friendship						
Primary Relationship						
FINANCIAL						
Plan						
Investment Strategy						
Career						
Job						

INTEGRITY = 0=chronic 5=ok 10=good effort

Life Purpose

↑ (add main life areas & divide their number an average Grand Total Status) What causes, activities or roles would you do or play if you won the lotto? CLARITY + ACTION COMMITMENT = MEANING