1. Date: 8-28-'96

2. What's on your mind?

WHAT DO I WANT FROM LIFE

3. Goal, Mission or Wish: MORE BALANCE, PEACE OF MIND AND HAPPINESS

4. Who or what can help you? FAMILY, FRIENDS, SEMINARS MENTORS & ADVISORS

5. Enter the key words your main thought centers around.

6. What Action steps need to take place? Enter them on this side of the page below. Use the Action Trigger List for more actions.

ACTION TRIGGER LIST

BUILD = MAKE · DESIGN · ORGANIZE · MORE · BRAINSTORM · PROSPECT · HIRE | CONTRACT · IDEA | CREATE · PLAN · INVESTIGATE · PROTECT · PRESENT · Delegate · SOLVE · RESEARCH · EXERCISE · LEARN · EXPLAIN · LISTEN · NOTICE · SEND · MEET · FINISH

7. What Questions need to be answered ? Enter them on this side of the page below. Use the Question Trigger List for more.

QUESTION TRIGGER LIST

WHO (Who's Person) · WHERE (Location) · WHEN (Time) · WHY (Is it necessary) · WHAT (Description) · WHAT (If)

HEALTH

- SCHEDULE DAILY EXERCISE
- BUY & TAKE VITAMINS
- RIDE BIKE MORE OFTEN

HOW OFTEN DO I WORK OUT?
WHO IS BEST TRAINER FOR ME?
WHERE IS BEST HEALTH CLUB FOR ME?

FINANCIAL

- BUILD A FINANCIAL PLAN
- ESTABLISH FAMILY GOALS
- PLAN FOR COLLEGE TUITION

WHO HAS BEST INVESTMENT?
WHAT IS BEST VEHICLE?
WHAT ARE MY RISKS?

SPIRITUAL

- PRAY MORE OFTEN
- MEDITATE
- PRACTICE BREATHING

WHAT IS MY PATH?
WHAT DO I VALUE MOST IN LIFE?

EMOTIONAL

- BALANCE EMOTIONS
- CREATE BETTER OUT-LOOK ON LIFE
- △ MY ATTITUDE

HOW DO I HANDLE UPSETS?
WHAT ARE BEST WORK-SHOPS TO GO TO?

RELATIONSHIPS

- LEARN TO LISTEN BETTER
- BE MORE COMMITTED
- CREATE FAMILY UNIT

WHAT DO I HAVE TO FORGIVE?
WHAT AM I ATTRACTING?
HOW CAN I CREATE BETTER RELATIONSHIPS?

CAREER

- TAKE NEW COMPUTER COURSE
- FIND MENTORS/ADVISORS
- RESEARCH OPPORTUNITIES FOR NEW CAREER

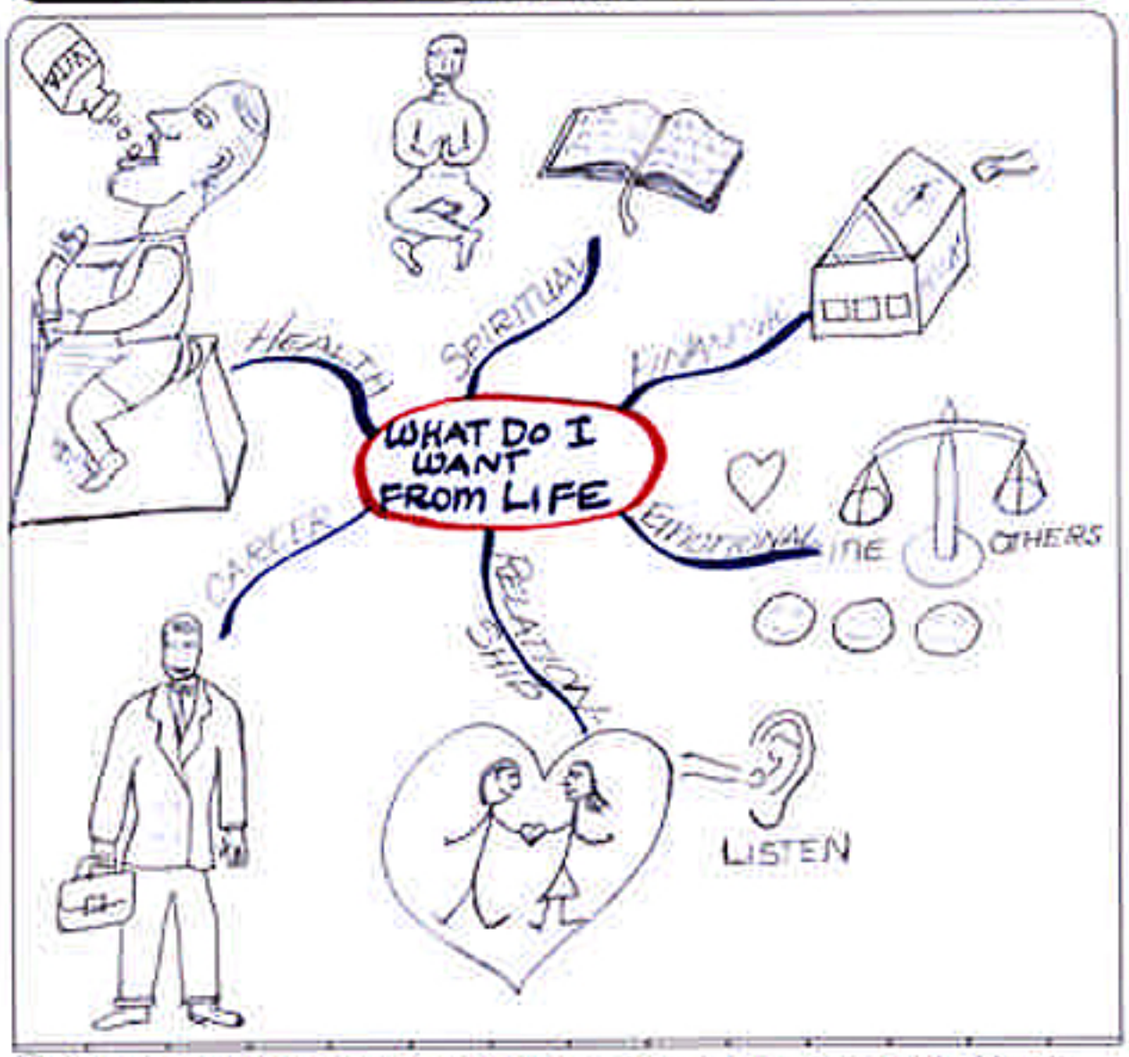
WHAT PROFESSION BEST FITS MY TALENTS?
WHAT IS MOST EXCITING?

Mind Links

BALANCING MY LIFE

8. Picture in your mind images of your goal. Draw, sketch or mind map below. Or use this area for writing.

VISUALIZATION TRIGGER LIST



9. The thin box above can be used as a time line or goal thermometer. Start blackening in the thin box above from left to right.

10. Write down any ACTIONS or QUESTIONS that come into mind from the images above. 11. Set priorities in boxes on the left.

12. Execute the actions straight to your goal!

Mind Links