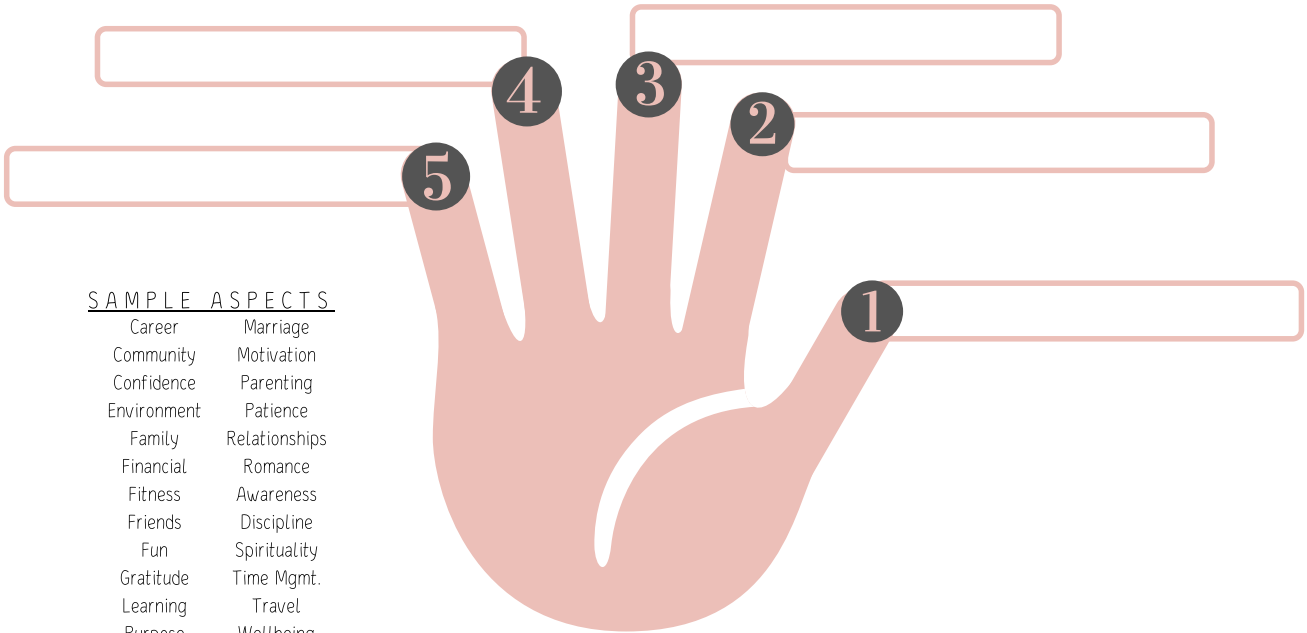


TAKE FIVE

2 0 1 9 P U L S E C H E C K

EACH FINGER REPRESENTS AN ASPECT OF YOUR LIFE

1. Choose 5 Aspects Of Life (Your Own Or From Sample Lists)
2. Fill In Each Of The 5 Boxes
3. Rate Your Areas from 1 (Worst) - 10 (Best)

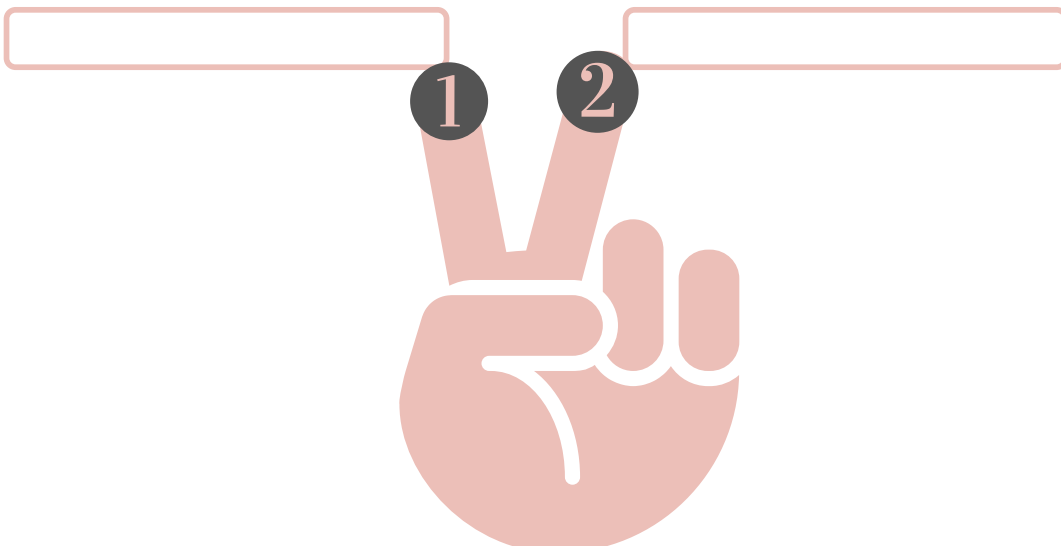


SAMPLE ASPECTS

Career	Marriage
Community	Motivation
Confidence	Parenting
Environment	Patience
Family	Relationships
Financial	Romance
Fitness	Awareness
Friends	Discipline
Fun	Spirituality
Gratitude	Time Mgmt.
Learning	Travel
Purpose	Wellbeing

PICK TWO FOR PEACE IN 2020

1. Make a Peace Sign
2. Choose 2 Aspects You Scored Less Than 6 In
3. Write Them In The Boxes Below



CREATE BLUEPRINT

YOUR 2020 BLUEPRINT FOR GROWTH

I N S T R U C T I O N S

- Set a timeframe
- Pick a target satisfaction number
- Write down HOW you're going to move from where you are to where you want to be.
- What are the actions, goals, changes will you need to implement?

T H O U G H T P R O V O K E R S

- What would a 10 look like for me?
- What number could I be (realistically) by next month?
- What has caused me to be stuck in this area?
- What can propel me forward in this area?
- What action steps will I commit to?
- What structures can I put in place to ensure that I move forward?

