

+ 13	I Take the Time Each Day to Enjoy & Appreciate Life.	
+ 12	Each Day I Spend 15+ Minutes Thinking & Planning My Life.	
+ 11	I Am Developing My Talents & Enjoying My Interests.	
+ 10	I Have Regular Fun Times with My Family.	
+ 9	I Have Regular Co-Planning Time with Each Member of Family.	
+ 8	I Have an Effective Learning Plan in Areas Important to Me.	
+ 7	I Have an Effective Plan for Financial Success.	
+ 6	I Know How to Set & Achieve Goals & Projects.	
+ 5	I Continually Upgrade My Success Habits & Discard Poor Ones.	
+ 4	I Have a Process for Enriching My Roles & Relationships.	
+ 3	I Have Important Goals Identified for Each Area of My Life.	
+ 2	I Have a Set of Personally Meaningful Values to Guide My Life.	
+ 1	I Have a Written Personal Mission Statement That Excites Me.	

HOW MUCH OF YOUR GOALS DO YOU WANT?

- 1	Self-Programmed for Mediocrity. (My self-expectations are too low)	
- 2	Lack of Vision. (I have no place to go)	
- 3	Feeling of Helplessness. (I have a bad case of the can'ts. Stereotypy)	
- 4	Lack of Self-Discipline. (No free agency to make decisions & then act on them)	
- 5	Fear. (False expectations appearing real)	
- 6	Negative Thought Viruses & Misconceptions. (Thoughts that contaminate)	
- 7	Emotional Detours & Maze Running. (Wasted energy & time)	
- 8	Bad Case of the Shoulds. (No real commitment)	
- 9	Guilt & Feelings of Unworthiness. (I don't deserve success)	
- 10	Ignorance of the Importance of Living on Purpose.	
- 11	Unclear Learning or Challenge Edge. (I don't know the next step)	
- 12	Lack of Knowing How to Set Goals & Create Action Plans.	
- 13	Lack of Know-How or Resources Related to Decided-On Goals.	