

5 Fundamentals for Fulfillment

CHECKLIST

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Your vital energy flows to whatever you focus on. *The Checklist* consists of 5 fundamental areas which, when given consistent attention, will give you the confidence and satisfaction you desire. Check in each week and watch how quickly you achieve peace of mind and the life you're reaching for.

Focused attention leads to total fulfillment.

Check off the items that are 'true statements' right now. If you want to add to the list or modify a statement, go for it! Use this as a tool to see where your focus game is strong and where it could use some work.

Mental

- I look to myself for affirmation and confidence
- I am secure with the person I am becoming
- I have a regular meditation/mindfulness practice
- I don't judge myself harshly
- I have no habits that cause self-doubt
- I write out my concerns and worries in a journal
- I spend time in and am comfortable with quiet reflection
- I speak with a therapist, coach, or trusted advisor
- I live in the moment as much as possible
- I have some kind of quiet time at least 3 times a week
- I don't spend much time worrying about the future or dwelling on the past

Physical

- I have had a physical in the last 2 years
- I exercise a minimum of 3 days per week
- I don't smoke or take illegal substances
- I drink at least 64 ounces of water a day
- I rarely eat junk or processed food/fast food-less than 3 times a week
- I eat healthy whole foods or a diet crafted for my body type
- I have a healthy sex life not relying on artificial stimulants
- I rarely drink alcohol or drink socially-less than 3 times a week
- I am in my ideal weight and BMI range
- I am happy with the person I see in the mirror

Emotional

- I am able to live in the present moment
- I don't take things personally or internalize others words or actions
- I live life on my terms, not by the rules or expectations of others
- I am aware of the environment I live in and create
- I have forgiven myself for past mistakes
- I have forgiven others for past misdeeds
- I don't judge or gossip about others
- I am able to feel and process my feelings in a healthy manner
- I have a rewarding personal life
- I have a rewarding professional life
- I have something to look forward to almost every day
- I have made/or tried to make amends for the things I know I have done wrong

Financial

- I have a savings and/or investment plan that will allow me to reach my financial goals
- I have zero debt or a plan to work to zero debt
- I pay off every credit card bill as it comes
- I have a budget and am able to stay within the budget 90% of the time
- I know how to make and attract financial freedom
- I invest in myself and my family
- I have a financial goal and am on track to reaching that goal
- I know my worth in the marketplace and reach for that goal
- I am constantly re-evaluating my plan and making adjustments
- I do not get in arguments with my spouse/significant other over money or financial decisions
- I spend responsibly and make sound purchasing decisions

On a scale of 1 to 10, how close to total fulfillment are you?

Again, feel free to add your own statements to the checklist.

- ★ What area are you strongest in?
- ★ What area could you give more attention to?
- ★ What goal(s) will you create to work toward your fulfillment?
- ★ What actions will you take *this week* to reach that goal?

Want more support “checking things off the list”?

[Apply for a complimentary consultation.](#)

Relational

- I have told my family/significant other I love them in the past week
- I am part of a tribe who love and accept me for who I am
- I get along with my co-workers, staff, boss, etc
- I have a group of 4 quarters and not just 100 pennies
- I know and ask for what I want/need in my relationships
- I communicate effectively with my spouse/significant other
- I take responsibility for my mistakes and work to rectify as much as possible
- I tell the truth
- I stand up for what I believe, but am open to listening to other viewpoints
- I have a solid sex life where I am free to express my desires
- I have a best friend or soul mate
- There is no one I would actively avoid or feel guilty seeing
- I feel like I am part of something bigger than myself

