



**WORK HARD.
DON'T SUCK.**

INSPECT

Rules of Engagement

Answer with honesty and details.
Good enough is not good enough.
No excuses.
This is black and white. It is what it is.

MIND - When is the last time you...

Read a book
Journaled
Woke before your alarm
Had a day with no social media
Reached a goal you set
Learned a new skill

BODY - When is the last time you...

Exercised
Ate a salad
Went a week with no alcohol
Went a week with no soda
Stretched for 30 minutes
Weighed yourself

SPIRIT - When is the last time you...

Meditated
Prayed
Went on a hike
Went to church
Won something
Performed a random act of kindness

FINANCES - When is the last time you...

Missed a payment
Went out to eat
Paid something off?
Put money in savings
Did a budget

RELATIONSHIPS - When is the last time you...

Called someone you havent talked to in a while
Went on a date
Called a loved one
Told your spouse you love them

NOTES



INSPECT**METHOD**

Stand in front of the mirror naked.	Be specific.	Look at your 60-day bank account report.
Inspect physical reflection.	Be comprehensive.	Complete a thorough monthly budget.
Stare into your soul.	Be open and honest.	Identify your circle of 5 closest influences.
Good enough is not good enough.	Write things down.	Look through emails/texts/phone records.
	Organize your bookshelf.	List relationships that are strong and need mending.

WHAT IS HAPPINESS?**WHAT IS SUCCESS?****WHAT IS FREEDOM?**

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MIND**POSSIBLE IMPROVEMENT AREAS**

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BODY**POSSIBLE IMPROVEMENT AREAS**

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SPIRIT**POSSIBLE IMPROVEMENT AREAS**

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FINANCE**POSSIBLE IMPROVEMENT AREAS**

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RELATIONSHIPS**POSSIBLE IMPROVEMENT AREAS**

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CIRCLE OF INFLUENCE

Positive influences

Negative influences

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