



Lifestyle Design

Hell Yeah
or
No
Worksheet

Identify anything you spend time on and consider everything on a scale of 1 to 10. 10 Being a Hell Yeah, anything less being a no or no for now.
Scale 1 ----- > 10

	Hell Yeah 10 out of 10	Maybe (Objective is to move all maybe's out of this column. How can I make them a Hell Yeah? If I can't, then move them into the No column.)	No for Now
Friends Regular Contacts/Conversations (people I spend time with in person/on phone)			
Activities			
Core Family			
Business			
Growth/Education			



Lifestyle Design EXAMPLE

Hell Yeah
or
No
Worksheet

Identify anything you spend time on and consider everything on a scale of 1 to 10. 10 Being a Hell Yeah, anything less being a no or no for now.
Scale 1 ----- > 10

	Hell Yeah 10 out of 10	Maybe (Objective is to move all maybe's out of this column. How can I make them a Hell Yeah? If I can't, then move them into the No column.)	No for Now
Friends			
Regular Contacts/Conversations (people I spend time with in person/on phone)	Kristin Karin Summer Sue Jeff Rosana Dad Kelly Rich Clarence	C.K. L.M. Forrest's Family	L.C.
Activities	Beautiful places Gym/Working out Reading Quiet Times Personal Care Regimen: Vitamins Healthy Food Choices Skincare Routine Supplements Dancing Sleep	Facebook Church Aerobic Classes	Housekeeping Paying bills Quickbooks Taxes Cooking meals Shopping Grocery shopping
Core Family	Lunch with the boys at school Family dinner together each night Date nights with Forrest Sabbath/Family day - no work Individual Dates with the boys		
Business	Speaking Personal Growth Conversations Hearing Someone's Story Bringing out best in someone	Books Product Creation Programs Website Stuff	Emails Texts Business Questions Business Logistics 3-way phone calls
Growth/Education	Coaching with Rich Coaching with Clarence Stimulating Events and Conversations		