

Centering Questions

1. What am I celebrating this week?
2. Did I do my best to stay connected with God?
3. Did I do my best to be a great husband?
4. Did I do my best to be a great father?
5. Have I exercised 4x in the past week?

Pulse Questions

6. How is my confidence right now(1-10)? What would move it +2?
7. What am I procrastinating on right now? Do I need to DUMP IT or DO IT?
8. What topics are consuming my mental capacity?
9. Am I willing, at this time, to make the investment required to make a positive difference on this topic? (called AIWATT for the rest of this post)

Rocks

Rock	On/Off track	What's next?
1.		
2.		
3.		
4.		
5.		

To Dos

Item	Done / Not Done

Personal IDS / Reflection time – Notes

Closing questions

Who do I need to say 'thank-you' to?

What do I need to let go of?

Who do I need to call?