

THIS IS HOW I WEALTH

Name: _____

What I do = what I get.	
Where I will invest myself this week	Hours
1. _____ *	
2. _____	
3. _____	
4. _____	
5. _____	

I will live with intention and establish patterns of habit that reflect my deepest values. That's wealth.

Being kind comes back to me.	
People to connect with this week	
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	

These are the most important connections I will make this week. I am the average of the five people I spend the most time with and attention on, so I choose them mindfully.

Clarity gives me control.	
Important stuff that comes up during the day	
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	

This is a place to put things that come up – that I can do another day, so I'm not taken off track.

For the week of _____ to _____

Money is not wealth.	
What I'm grateful for right now	
1. _____	
2. _____	
3. _____	

Gratitude is the single most important mental health habit to develop – and it helps me see my existing wealth in all its forms.

Be anything, but be the best.			
People and projects I'm focused on this week			
	Morning	Afternoon	Evening
Mon.			
Tue.			
Wed.			
Thu.			
Fri.			
Sat.			
Sun.			

After all is said and done with the other points above, setting a plan – and time-blocking my day to execute on the areas of wealth that are important to me – cultivates wealth, builds confidence and produces achievement, real and perceived.

Small details are a huge deal.	
The best thing that happened this week	

The period on the end of the week, this is a critical reflection point about what wealth is to me.