
Appendix

Annual Keeping Your Smile Life Assessment

Complete this form after spending half an hour doing something that clears your head, then keep it accessible for periodic review.

List your top three successes from the last year:

- 1.
- 2.
- 3.

Your Ultimate Purpose

What is your Ultimate Purpose?

What one thing will you do in the next year to bring you closer to living your Ultimate Purpose?

Your Expenditures

During the last year, what things consumed most of your time, energy, and resources?

What one thing will you do to make better use of your time, energy, and resources in the year to come?

Your Mind-Set

How has your mind-set improved in the last year?

What one thing will you do to make your mind-set better in the year to come?

Your Environments

How have your physical and emotional environments changed in the last year?

What one thing will you do to make your environments better in the year to come?

Your Balance

How has your balance improved in the last year?

What one thing will you do to make your balance better in the year to come?

Your Relationships

What relationship successes have you experienced in the last year?

What one thing will you do to make your relationships better in the year to come?

Quarterly *Keeping Your Smile* Life Assessment

Complete this form after spending half an hour doing something that clears your head, then keep it accessible for periodic review.

What was your most important success in the last three months?

What one thing will you do in the next three months to bring you closer to living your Ultimate Purpose?

What one thing will you do in the next three months to improve how you spend your time, energy, and resources?

What one thing will you do in the next three months to improve your mind-set?

What one thing will you do in the next three months to improve your physical and emotional environments?

What one thing will you do in the next three months to improve your balance?

What one thing will you do in the next three months to improve a relationship?

Bi-Weekly *Keeping Your Smile* Life Assessment

Complete this form after spending half an hour doing something that clears your head, then post it so you will see it every day.

What was your most important success in the last two weeks?

What one thing will you do in the next two weeks to bring you closer to living your Ultimate Purpose?

What one thing will you do in the next two weeks to improve how you spend your time, energy, and resources?

What one thing will you do in the next two weeks to improve your mind-set?

What one thing will you do in the next two weeks to improve your physical and emotional environments?

What one thing will you do in the next two weeks to improve your balance?

What one thing will you do in the next two weeks to improve a relationship?