



Program Of



“Life Coaching For Your Individual Greatness”

www.one80turn.com

LIFE CHECK™

If you are unhappy with a particular aspect (or aspects) of your life—**GET EXCITED!!** This simply means that you now know what you don't want, and it's time to determine exactly what you do want. Life Check™ is here to assist you.

What is Life Check™? Life Check™ is a simple program that contains three (3) easy to use tools, to help you clarify what is going on in your life, prioritize what is important and get engaged in creating the life you desire. These tools are:

- Life Telescope™
- Do-Over™
- Success Action Plan (S.A.P.)™

The templates for these tools, and instructions on how to use them, are included in this document.

Why am I giving this program to you **FREE**? Two reasons:

1. People who sincerely desire to improve their lives should not have their access to resources limited because of money
2. Good people need good tools to assist them in becoming “good-er” ☺

And, before you blow this off as something you don't need, ask yourself this:

“Am I being an active participant in my life by creating what I desire to experience or am I a victim simply reacting to whatever comes along?”

Hmmm...do I have your attention now? Thought so.

So use this, and share it with others. Spouses can work together to improve their relationship, parents can use this to teach their children how to set goals and be accountable, individuals can use it to establish a weight loss plan or improve finances.

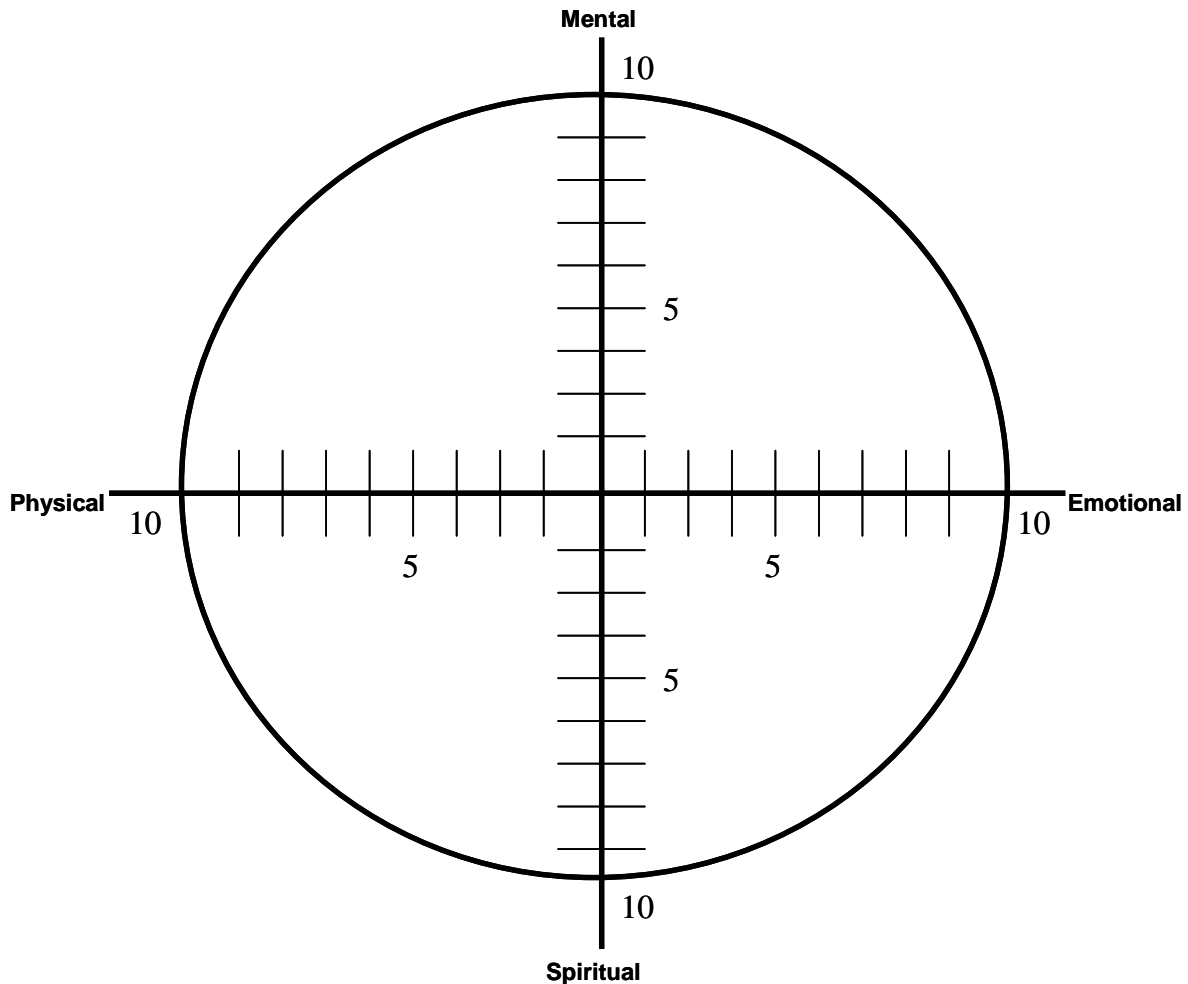
Above all, regardless of how you choose to use this to improve your life, **enjoy the journey of self discovery.**

Have a happy life,



Life Check™ Templates

LIFE TELESCOPE™



INSTRUCTIONS

1. Rate the *overall* health of each of your “four selves” by placing a dot (●) on each line, with 10 being the best.

- Physical: Finances, your body, career, etc.
- Emotional: Attitude, feelings
- Mental: State of mind, intellect
- Spiritual: Religion, sacred things

2. Connect the dots to see how well balanced (or not) you are.



QUESTIONS

1. What stands out the most for you based on what you see? What areas are high? What areas are low?

2. What insights can you gain from this to assist you in the development of your Do-Over list?

DO-OVER™

Creating The Blueprint For What You Desire To Experience

MY STUFF NOW What I Have That I Do Not Like	MY TRUE DESIRE What I Really Want
	
Physical (Finances, your body, career, etc.)	
Emotional (Attitude, feelings)	
Mental (State of mind, intellect)	

Spiritual (Religion, sacred things)	

INSTRUCTIONS

1. Let go of any and all guilt you may have about asking for what you desire. It is our birthright to be happy, healthy and prosperous.
2. Let go of any and all negative feelings (anger, resentment, etc.) that you may have about the situation in your life you wish to change. Thoughts of bitterness can not create joy.
3. Define where you feel your four-selves need a do-over:
 - Physical: Finances, your body, career, etc.
 - Emotional: Attitude, feelings
 - Mental: State of mind, intellect
 - Spiritual: Religion, sacred things
4. In the MY STUFF NOW column, list all the things associated with your do-over that you have now and do not like. As an example:
 - Physical: Relationship with my boss at work.
 - My Stuff Now:
 - Talks down to me
 - Thinks he/she knows everything
 - Never gives me any accolades
5. In the MY TRUE DESIRE column, list all the things associated with your do-over that you really want to have by re-framing each item in your MY STUFF NOW column. As an example:

MY STUFF NOW	MY TRUE DESIRE
Relationship with my boss at work	
Talks down to me	Has constructive and respectful conversations with me
Thinks he/she knows everything	Asks for and values my opinion
Never gives me any accolades	Tells me that he/she appreciates my work

6. Speak positive words of, or say a prayer of, *thanks-receiving* for you and everyone involved. Choose to become the vessel for goodness regardless of the situation.

7. Let go of your desires with no thought of **how** things will manifest. Remember, ***your job is to provide the blueprint for what it is you desire—not the how. The how is left up to the “Master Builder” who has an entire universe to work with to create the perfect manifestation.***

8. Pay attention to, and be receptive to, even the smallest things that manifest in your life concerning your true desire. When things happen, a simple “thank you” is all that is needed to acknowledge a “gracious heart” toward the continued fulfillment of your desire.

SUCCESS ACTION PLAN (S.A.P.)™

Put together your Success Action Plan (S.A.P.)™ to support your achievement. These will be your deeds. DEED—defined as, “action or performance in general, esp. as distinguished from words; things done.” You have focused your intent, let go of all negative emotions, defined your desires, chosen to be the vessel of goodness for all concerned and released your desires for manifestation. Now you define the deeds you will accomplish to support your do-over(s). Be realistic with your expectations to avoid becoming discouraged—you can eat an elephant, but you have to do it one bite at a time.

Above all **have patience with yourself** as you grow and learn more about who you are. Pat yourself on the back frequently for the baby steps you take along the way. Although some things may seem insignificant to you, each accomplishment helps build your self-confidence and self esteem. Therefore, celebrate frequently.

Below is an example of how to fill out your S.A.P.

Example

DO-OVER TASKS (Actions I Will Take)	TARGET COMPLETION DATE
Physical (Finances, your body, career, etc.)	
Relationship with my boss at work	
1. Say “good morning” to him/her every day	Continuous
2. Whenever I detect tension in his/her voice when we are talking, take a few seconds to calm myself down before responding	Continuous
3. Buy him/her a birthday card	July 1

SUCCESS ACTION PLAN (S.A.P.)
HELPFUL TIPS FOR SUCCESS
<ol style="list-style-type: none"> 1. Prioritize but remain flexible. Ask yourself, “What will I focus on right now?” 2. Break big pieces of your each of your do-over areas down into <i>small manageable steps</i>. <i>Don’t try to do too much.</i> 3. Set some target completion dates, which are realistic, if you feel they will help you remain focused and on task. Adjust these dates as necessary to avoid being obsessed with “hitting dates” to the point of stressing yourself out. 4. Don’t buy into the fear of failure. You only fail if you don’t try. 5. Remain focused on your outcomes, but not obsessed with them to the detriment of the other aspects of your life. 6. When the unexpected happens, embrace the challenge as a lesson in flexibility. 7. Avoid talking about your desires with “player haters”, but do seek the encouragement of supporters.

DO-OVER TASKS (Actions I Will Take)	TARGET COMPLETION DATE (If Applicable)
Physical (Finances, your body, career, etc.)	
Emotional (Attitude, feelings)	
Mental (State of mind, intellect)	

Spiritual (Religion, sacred things)	