

Instructions

There are 5 steps to completing the **Reserve Index™**.

Step 1: Answer each question. If true, check the circle marked true. Be rigorous; be a hard grader. If the statement is sometimes or usually true please do not check the circle until the statement is virtually always true for you, no "credit" until it is really true. If the statement does not apply to you, check the box. If the statement will never be true for you, check the circle. You get "credit" for it because it does not apply or will never happen, and, you may change any statement to fit your situation better.

Step 2: Summarize each section. Add up the number of checked circles for each of the six sections and write those amounts where indicated.

Step 3: Fill out the Bonus Section. Please fill in the specific things or areas in which you do not currently have a reserve, but know you really want one in. Select ones that are not mentioned in the other 90 choices.

Step 4: Color in the Progress Chart provided. If you have nine checks in the Time section, for example, color in the bottom nine boxes, and so on. Always start from the bottom up. The goal is to have all sections filled in. In the meantime, you have a current picture of how you are doing in each of the six areas.

Step 5: Keep playing until all boxes are filled in. You can do it! This process may take 30 or 360 days, but you can achieve a perfect score on the Reserve Index. Use your coach or a friend to assist you. And check back once a year for maintenance.

Progress Chart

Date	Points (+/-)	Score

Reserve Index Program 100-Point Checklist

Sections							
#	A	B	C	D	E	F	G
15							
14							
13							
12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							

Give yourself credit as you get points on the 100-point program. Fill in columns from the bottom up.

Special Note

If your total score starts out at 20 or 30 out of 100, don't worry about it. This is a rigorous list, which takes time and training to reach 100.

We feel it is worth devoting time and energy to this process: doing whatever it takes to be at 100 on this index strengthens you so you can afford (financially, personally and professionally) to develop and share the unique and special gift you are.

A. Time and Space**Number of circles checked (15 max) _____**

- ☐ My gas tank is always at least half-full.
- ☐ I don't do errands, ever.
- ☐ I am completely free of anything that binds me.
- ☐ I am always 10 minutes early and never rushed.
- ☐ My closets are empty of all that I don't need now.
- ☐ I always wear a seat belt.
- ☐ All my clothes are pressed or at the cleaners.
- ☐ My three key boundaries are always honored.
- ☐ The first and last 30 minutes of my day are the perfect way to arise and retire.
- ☐ I don't get stopped or off track for more than 1 hour.
- ☐ I am free of all addictions and attachments.
- ☐ I have a daily routine that is a joy.
- ☐ I use a time management system and I do not miss appointments or forget things.
- ☐ I do not tailgate, run yellow lights, or exceed the speed limit. I always let other cars "in".
- ☐ I do not do my own laundry or housework.

B. Love and Attraction

Number of circles checked (15 max) _____

- ☐ No one in my life thinks I should change.
- ☐ I received 25 cards on my last birthday.
- ☐ My circle of 10 are fully supported and loved.
- ☐ I grant everyone I know and everyone I've never met a lifetime of absolute forgiveness.
- ☐ I have received 10 letters of gratefulness from friends/colleagues in the last 90 days.
- ☐ I attract people rather than go after them.
- ☐ I know the 10 things I want for others.
- ☐ I speak straight, always and appropriately. I don't hold back - even the little stuff.
- ☐ I am a key part of a community of light-minded people.
- ☐ I do not react to people; I have lots of space.
- ☐ I treat everyone extremely well, from clerk to spouse.
- ☐ I put my relationships far ahead of results.
- ☐ I can afford to have others be right; they are.
- ☐ I have no expectations (no hidden needs) of my friends and family - I expect nothing from them.
- ☐ I've given a personal and extraordinary gift to my circle of 10 in the last 6 months.

C. Money and Freedom

Number of circles checked (15 max) _____

- ☐ I always have \$100 in my pocket that I never use.
- ☐ I save/invest 20% of what I make each month.
- ☐ I invest 5% of my revenue in my own training.
- ☐ I have one year's reserve that I don't touch.
- ☐ I have six months' of household and office supplies.
- ☐ I charge more for my services than I think I am worth.
- ☐ I am earning a stream of passive income.
- ☐ I know how much I need to retire/be financially independent and am on that plan.
- ☐ I have no credit card debt/short term debt.
- ☐ I make extra principal payments on my mortgage.
- ☐ I keep at least \$5,000 in my checking account.
- ☐ I pay the full training tuition/donation prior to the deadline.
- ☐ I tip 25% when the service was awful and tell the server why.
- ☐ I tithe 10% to church, charity, friends or those who have made me successful.
- ☐ I buy the brands I want; I buy the best.

D. Energy and Vitality

Number of circles checked (15 max) _____

- ☐ I get a massage/bodywork done monthly.
- ☐ My blood work shows all normal range results.
- ☐ I eat only the foods, which nourish me.
- ☐ People remark weekly how well I look/glow.
- ☐ I am never ill.
- ☐ I wouldn't even think of tolerating anything, anytime and I am beyond suffering about stuff.
- ☐ I consistently under-promise and over-deliver.
- ☐ Adrenaline never courses through my veins.
- ☐ My need #1 (_____) is fully satisfied.
- ☐ My need #2 (_____) is fully satisfied.
- ☐ My need #3 (_____) is fully satisfied.
- ☐ My Clean Sweep score is 100 out of 100.
- ☐ I take four relaxing vacations per year.
- ☐ I print out my monthly personal/business financials by the 15th of the next month.
- ☐ At the end of the business day, I am energized; work and play are the same.

E. Opportunities and Momentum

Number of circles checked (15 max) _____

- ☐ I am at the center of a very strong network.
- ☐ I look forward to each evening.
- ☐ I can call someone for a quick \$10,000 loan.
- ☐ My vision is simple and being realized.
- ☐ My three standards are clear and honored.
- ☐ I have what's called the "edge."
- ☐ Time is collapsing all around me.
- ☐ My basic message is crystal clear to all I meet.
- ☐ I discern and tell people who they are.
- ☐ I make huge, strong requests that are accepted.
- ☐ I initiate: I do not hope or wait, ever.
- ☐ I have the ideal life.
- ☐ I am not attached to any result.
- ☐ I can afford to make a million mistakes.
- ☐ People include me in business deals and opportunities.

F. Source and Power

Number of circles checked (15 max) _____

- ☐ My #1 value (_____) is fully honored.
- ☐ My #2 value (_____) is fully honored.
- ☐ My #3 value (_____) is fully honored.
- ☐ I always maintain a strong sense of inner peace.
- ☐ I no longer have to prove myself; I am enough.
- ☐ I am certain I am at choice about my entire life.
- ☐ I honor/respond immediately to my inner voice.
- ☐ I have a strong and personal theme for this year.
- ☐ I am unafraid. I am confident.
- ☐ I act based on desire, not consequence.
- ☐ Nothing hooks me.
- ☐ I self-create and self-manage.
- ☐ I trust a higher power (or my self).
- ☐ I am content with myself; I don't need anyone else to feel healthy or whole.
- ☐ I completely trust my judgment, but often ask for other's input.

G. Bonus 10**Number of circles checked (10 max) _____**

- ☐ I have more than enough
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- ☐ I have more than enough
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