

the NOTEBOOK MEETING

Assessment #3: Rising Higher: (Sample)

1. What are my mountaintop moments?	2. What do I need to get there?
Home Having a craft room	Redo the guest bedroom.
Family Having Sunday dinners with all of my family	Talk to my sister-in-law; plan it!
Health Change my lifestyle to consistently get more sleep.	I don't know yet.
Work Submit my project proposal.	Make an appointment with my boss.
Social Life Join a hiking group.	Call the park to get info, or search online.
Spiritual Life Join a bible study group.	Ask at church.

Assessment #4: Grab the Future: (Sample)

1. List upcoming events:	2. What do you need to handle it?
Birthdays Husband's	Arrange family celebration, and purchase gift.
Family Dentist appts for children Plan vacation.	Let everyone know; check calendar. Save \$; decide on trip specifics.
Home/Car Need oil change	Schedule this.
Social Tailgating party	Decide menu; make list of supplies.

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Assessment #3: Rising Higher

DATE	
1. What are my mountaintop moments?	2. What do I need to get there?

Assessment #4: Grab the Future

DATE	
1. List upcoming events:	2. What do you need to handle it?