Link all 8 areas of life to your BE.DO.HAVE.

This is an easy starter kit to understand the full assessment of the eight areas of your life.
For each one of the eight areas, write down your be, do and haves as follows:

1. **Spiritual**
   (Your connection to a Higher Soure)
2. **Mental**
   (Your level of Consciouness & Thinking)
3. **Vocational**
   (Development & satisfaction with your work life)
4. **Financial**
   (Level of achievements of monetary goals)
5. **Familial**
   (Level of connection to your blood relatives)
6. **Social**
   (Level of connection to friends & community)
7. **Physical**
   (Level of Health & Fitness)
8. **Recreational**
   (Level of participation in vacations and rest)

Spritually Example

BE: "I would love to be intuitive **DO:** "I would love to do meditation **HAVE:** "I would love to have Quiet Mind

#1, Spiritual:

Be: "Spiritually, I would love to be: _____
Do: "Spiritually, I would love to do: _____
Have: "Spiritually, I would love to have: _____

#2, Mental:

Be: "Mentally, I would love to be: _____
Do: "Mentally, I would love to do: _____
Have: "Mentally, I would love to have: _____

#3, Vocational:

Be: "Vocationally, I would love to be: _____
Do: "Vocationally, I would love to do: _____
Have: "Vocationally, I would love to have: _____

#4, Financial:

Be: "Financially, I would love to be: _____
Do: "Financially, I would love to do: _____
Have: "Financially, I would love to have: _____

#5, Familial:

Be: "Familial, I would love to be: _____
Do: "Familial, I would love to do: _____
Have: "Familial, I would love to have: _____

#6, Social:

Be: "Socially, I would love to be: _____
Do: "Socially, I would love to do: _____
Have: "Socially, I would love to have: _____

#7, Physical:

Be: "Physically, I would love to be: _____
Do: "Physically, I would love to do: _____
Have: "Physically, I would love to have: _____

#8, Recreational:

Be: "Recreationally, I would love to be: _____
Do: "Recreationally, I would love to do: _____
Have: "Recreationally, I would love to have: _____

The GOODMAN Factor

GMF BE.DO.HAVE. 121618-01

Here is a little more room if you need it for longer answers!

#1, Spiritual:

Be: "Spiritually, I would love to be: _____

Do: "Spiritually, I would love to do: _____

Have: "Spiritually, I would love to have: _____

#2, Mental:

Be: "Mentally, I would love to be: _____

Do: "Mentally, I would love to do: _____

Have: "Mentally, I would love to have: _____

#3, Vocational:

Be: "Vocationally, I would love to be: _____

Do: "Vocationally, I would love to do: _____

Have: "Vocationally, I would love to have: _____

#4, Financial:

Be: "Financially, I would love to be: _____

Do: "Financially, I would love to do: _____

Have: "Financially, I would love to have: _____

#5, Familial:

Be: "Familial, I would love to be: _____

Do: "Familial, I would love to do: _____

Have: "Familial, I would love to have: _____

#6, Social:

Be: "Socially, I would love to be: _____

Do: "Socially, I would love to do: _____

Have: "Socially, I would love to have: _____

#7, Physical:

Be: "Physically, I would love to be: _____

Do: "Physically, I would love to do: _____

Have: "Physically, I would love to have: _____

#8, Recreational:

Be: "Recreationally, I would love to be: _____

Do: "Recreationally, I would love to do: _____

Have: "Recreationally, I would love to have: _____