

LIFE PURPOSE

The Sales Catalyst Inc.
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<http://www.salesdoctor.com>

COMMITMENTS

LIFE PURPOSE
STATEMENT:

METAPHOR:

IDEAS

CAREER &
VOCATION

MONEY &
FINANCE

HEALTH &
FITNESS

FRIENDS &
FAMILY

SIGNIFICANT
OTHER &
ROMANCE

PERSONAL
GROWTH &
SPIRITUAL

FUN &
RECREATION

PHYSICAL
ENVIRONMENT

STRENGTHS

CHARACTER

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TALENTS/APTITUDES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SKILLS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SPECIAL KNOWLEDGE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

RESOURCES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TEMPERAMENT

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

FUTURE SELF

CATEGORIES	1 YEAR	2-3 YEARS	5 YEARS
CAREER & VOCATION			
MONEY & FINANCE			
HEALTH & FITNESS			
FRIENDS & FAMILY			
SIGNIFICANT OTHER/ROMANCE			
PERSONAL GROWHT/SPIRIT			
FUN & RECREATION			
PHYSICAL ENVIRONMENT			

PEAK EXPERIENCES

CAREER &
VOCATION

MONEY &
FINANCE

HEALTH &
FITNESS

FRIENDS &
FAMILY

SIGNIFICANT
OTHER &
ROMANCE

PERSONAL
GROWTH &
SPIRITUAL

FUN &
RECREATION

PHYSICAL
ENVIRONMENT

DAILY HABITS & STRUCTURES

Habit / Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Habit/Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Habits/Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

STRUCTURES TO KEEP COMMITMENT ALIVE

PERSONAL BALANCE ARROW

PRIMARY FOCUS

1. FOCUS AREA: _____
MEASURABLE DESCRIPTION: _____

2. FOCUS AREA: _____
MEASURABLE DESCRIPTION: _____

3. FOCUS AREA: _____
MEASURABLE DESCRIPTION: _____

4. FOCUS AREA: _____
MEASURABLE DESCRIPTION: _____

5. FOCUS AREA: _____
MEASURABLE DESCRIPTION: _____

VALUES

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