

YOU in Mind Jamaica
Your Ally for Excellence in Life & Work

LIFE IS JUST FOR LIVING

So how am I doing?



A Time of Reflection and A Catalyst for Change

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Table of Contents

Dedication	4
About the Author	5
Life is Just for Living. <i>So How Am I Doing?</i>	6
How to Use This E-Book	6
Self.....	8
Where Can I Get More Ideas on Personal Development?	11
Family	12
Where Can I Get More Ideas on Strengthening Family Relationships?	15
Health	16
Where Can I Get More Ideas to Improve My Health?	19
Love Relationship	20
Where Can I Get More Ideas for My Love Relationship?	23
Career.....	24
Where Can I Get More Ideas on Career Management?	27
Leisure	28
Where Can I Get More Ideas About Leisure?.....	31
Finances.....	32
Where Can I Get More Ideas About Personal Finances?	35
Friendship & Interpersonal Relationships.....	36

Where Can I Get More Ideas for My Friendships & Interpersonal Relationships? 39

Relationship With God 40

 Where Can I Get More Ideas for My Relationship with God?..... 43

How to Access Valuable Information Online 44

 How to Evaluate a Web Source 44

 How to Conduct a Google Search 44

 Search Engines 44

 General References 45

Thank You 46

Notes Page 47

Dedication

*This e-book **Life is Just for Living. So How Am I Doing?** is dedicated to the courageous men and women who believe it is not over until it is over; and if they awakened this morning...it is definitely not over.*



About the Author



Cheryll Messam, CPC, ELI-MP is a Certified Professional Life & Corporate Coach in the Life Coaching Industry. She is the owner & manager of **YOU in Mind Jamaica** (www.youinmindjamaica.com) a Personal & Professional Development Company. Coach Cheryll specializes in coaching Professionals in *Self-Mastery* i.e. Personal Leadership, the capacity to follow through with calm and determination despite disappointments and setbacks, to achieve your goals; as well as *Leadership* of others. With Coach Cheryll's support, clients have seen improvement in their Career Management; Interpersonal Skills; Personal Influence; Performance; Productivity; Goal Setting; and Clarity with regard to developing strategies to overcome significant challenges. Coach Cheryll is also an Alumni Relations Professional in the tertiary education sector in Jamaica. If you wish to explore coaching for your personal or professional development, you may contact Coach Cheryll by email:

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Life is Just for Living. *So How Am I Doing?*

We at **YOU in Mind Jamaica** created this e-book **Life is Just for Living. *So How Am I Doing?*** as a *discovery tool* for you. It provides a framework for you to take the time to be intentional about checking in with yourself to examine the significant areas of your life. It is designed to reconnect with you with your values; enable you to consider your overall level of satisfaction with different aspects of your life, and encourage you to take action today to achieve the level of satisfaction in your life you desire.

How to Use This E-Book

On this occasion, we have been deliberate in not emphasizing a particular philosophy of life or presenting instructions on how you are to live your life. Instead, we want you to think of **Life is Just for Living. *So How Am I Doing?*** as you would a notepad. This resource is meant to serve as a notepad on which you record your reflections on the significant aspects of your life. In addition, it provides you with an opportunity to record what you intend to do to ensure your life continues to be enhanced and improved in ways that will bring you peace, joy, a sense of accomplishment and satisfaction. The outline we share to guide your thinking about your life is highlighted in the following sections.

Aspects of Life

We have selected the following as among the areas that persons typically identify as the significant areas of their lives i.e. *Self (Personal Development), Family, Health, Love Relationship, Career, Leisure, Finances, Friendship & Interpersonal Relationships and Relationship with God*. This is not a comprehensive list of significant aspects of life, so feel free to focus on those listed here which apply to you and use the framework to think about those additional areas which are not mentioned, yet are significant for your life.

Values

Values are the deeply held beliefs that lay at the heart of why we think about life the way we do, and why we make the choices we make and take the actions we take every day. Values can be positive (*e.g. respect for all people*) or negative (*e.g. dishonesty*), and we may have general values that guide our living, or values which are specific to certain aspects of our lives. For each of the significant areas of your life think about the values that you hold in relation to the area, and what priority you place on them. Think also about how well you are respecting these values.

Overall Satisfaction

Rate your overall satisfaction for each significant area of life on a scale of 1 to 10, with 10 indicative of the highest level of satisfaction. This will provide you with the opportunity to intentionally think about how you are currently experiencing that area of life. It will also provide you a basis to reflect on how you are assessing one area of your life compared with the other areas of your life.

Thinking about My Life

This section provides the opportunity to reflect on the factors that may have contributed to your overall satisfaction score. Based on your thoughts, you can then plan to take the kind of action that will result in an enhancement of your life.

Taking Action

This section enables you to take the action you identified that will improve your life, by identifying the steps and supporting actions and resources necessary to ensure that you attain your goal.

Where Can I Get More Ideas?

This section highlights a number of online websites that focus on the specific aspect of life highlighted in the e-Book. Information on these websites *may* provide content which generate useful ideas on how to improve the particular aspects of life.

How to Access Valuable Information Online

This section highlights general reference websites and search engines which may be helpful to you in conducting searches for additional information on any significant area of life.

Disclaimer: YOU in Mind Jamaica has cited examples of websites in this e-Book that can be used as references. YOU in Mind Jamaica is not responsible for any loss, damage, personal or otherwise from the use thereof. YOU in Mind Jamaica does not guarantee that using information from any of these websites will result in greater satisfaction with your life. It is understood that readers will conduct their own research and due diligence to identify information and strategies that will result in the desired outcomes they wish for their lives.

Self

“Wanting to be someone else is a waste of the person you are.”

- Marilyn Munroe

List 5 values you have in relationship to yourself or personal development. e.g. Well educated.

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Self		My Values Relevant to Self by Priority	I honour my values ___ /10 <small>(Below insert your score illustrating how well you live up to each value e.g. 1st value may be Educated and score = 9/10)</small>
	1st		
	2 nd		
	3rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With Myself/My Personal Development Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with yourself/your personal development currently.)



Level of Satisfaction

Thinking about My Life

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my life even better?

Based on my answer above, what is one (1) action that I can take **today** to improve myself?

Taking Action

Think of the one action you identified in the previous section that will improve your personal development. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas on Personal Development?

- Get in the Hot Spot - <http://www.getinthehotspot.com/stampede-obstacle-race/>
- Life Hack's 22 Personal Development Resources - <http://www.lifehack.org/articles/lifehack/22-killer-personal-development-resources.html>
- Life Hack's 50 Personal Productivity Blogs <http://www.lifehack.org/articles/productivity/50-personal-productivity-blogs-youve-never-heard-of-before-and-about-a-dozen-you-probably-have.html>
- Personal Development Plan - <http://personal-development-plan.net/>
- Pick the Brain - <http://www.pickthebrain.com/blog/overcoming-the-loss-of-motivation-that-follows-a-surge-of-productivity/>
- Steve Aitchison's 50 of the Best Personal Development Blogs - <http://www.stevenaitchison.co.uk/blog/50-of-the-best-personal-development-blogs/>
- Steve Pavlina - <http://www.stevpavlina.com/>
- Ted - Ideas Worth Spreading - <http://www.ted.com/>
- Udemy – Learning from the World's Top Instructors - <https://www.udemy.com/>
- Your Success at Last - <http://www.yoursuccessatlast.com/wp/>
- Drs. Henry Cloud & John Townsend - <http://www.cloudtownsend.com/>

Family

“What can you do to promote world peace? Go home and love your family.”

– Mother Teresa

List 5 values you have in relationship to family. e.g. Unity

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Family		My Values Relevant to Family by Priority	I Honour Each Family Value ___ /10 <small>(Below insert your score illustrating how well you live up to each value e.g. 1st value may be Unity and score = 7/10)</small>
	1st		
	2 nd		
	3rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Family Relationship Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your family relationship currently.)



Level of Satisfaction

Thinking about My Family

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my family relationship even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my family relationship?

Taking Action

Think of the one action you identified in the previous section that will improve your family life. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas on Strengthening Family Relationships?

- Child & Family Web guide - <http://www.cfw.tufts.edu/>
- Drs. Henry Cloud & John Townsend - <http://www.cloudtownsend.com/>
- Surf Net Kids - <http://www.surfnetkids.com/>
- World Mom's Blog - <http://www.worldmomsblog.com/>
- Family/Parenting - <http://family.go.com/parenting/>
- Focus on the Family - <http://www.focusonthefamily.com/>
- Good Therapy/Top 10 Websites for Relationships & Marriages - <http://www.goodtherapy.org/blog/best-relationship-marriage-resources-websites-2012-0125137>
- iVillage/Pregnancy & Parenting - <http://www.ivillage.com/pregnancy-parenting>
- Marriage Builder - <http://www.marriagebuilders.com/>
- Motherlode - <http://parenting.blogs.nytimes.com/>
- National Centre for Fathering - <http://fathers.com/>
- Ronit Baras' Practical Parenting Blog - <http://www.ronitbaras.com/>
- The Juggle - <http://blogs.wsj.com/juggle/>

Health

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

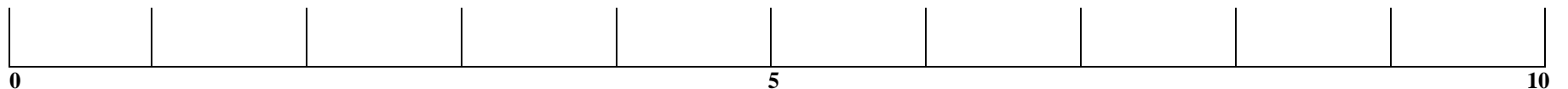
– 3 John1:2 New King James Version Bible

List 5 values you have in relationship to your health. e.g. Good nutrition

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Health		My Values Relevant to Health by Priority	I Honour Each Health Value ___ /10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Nutrition and score = 5/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Health Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your health currently.)



Level of Satisfaction

Thinking about My Health

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my health even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my health?

Taking Action

Think of the one action you identified in the previous section that will improve your health. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas to Improve My Health?

- Alternative Medicine - <http://alternativemedicine.onlineempirebizzone.com/>
- Best Allergy Sites - <http://www.bestallergysites.com/>
- Centre for Genetics Education - <http://www.genetics.edu.au/>
- Dietriffinic - <http://www.dietriffinic.com/>
- Environmental Health News - <http://www.environmentalhealthnews.org/>
- Indiavision/Health - <http://www.indiavision.com/news/article/health/>
- Mayo Clinic - <http://www.mayoclinic.com/>
- Psych Central - <http://psychcentral.com/>
- Smart Briefs: Nutrition and Wellness - <http://www.smartbrief.com/industry/nutrition-and-wellness>
- WebMD Health - <http://www.webmd.com/>

Love Relationship

"For the two of us, home isn't a place. It is a person. And we are finally home."

— Stephanie Perkins, Anna and The French Kiss

List 5 values you have in relationship to your love relationship. e.g. Open communication

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Love Relationships		My Values Relevant to Love Relationships by Priority	I Honour Each Love Relationship Value ___ /10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Communication and score = 9/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Love Relationship Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your love relationship currently.)



Level of Satisfaction

Thinking About My Love Relationship

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my love relationship even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my love relationship?

Taking Action

Think of the one action you identified in the previous section that will improve your love relationship. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas for My Love Relationship?

- Baggage Reclaim - <http://www.baggagereclaim.co.uk/about/>
- Dating - <http://dating.about.com/>
- Drs. Henry Cloud & John Townsend - <http://www.cloudtownsend.com/>
- iVillage /Love & Sex - <http://www.ivillage.com/love-sex>
- Loving You - <http://www.topsite.com/goto/lovingyou.com>
- Online Dating Industry News - <http://www.onlinepersonalswatch.com/news/>
- The 100 Best Romantic Movies List - <http://www.timeout.com/london/film/the-100-best-romantic-movies>
- The 5 Love Languages - <http://www.5lovelanguages.com/>
- The Psychology of Love - <http://www.brainpickings.org/index.php/2011/04/18/5-must-read-books-on-love/>
- Your Tango - <http://www.yourtango.com/>

Career

“I cannot do everything, but I can do something. I must not fail to do the something that I can do.”

- Helen Keller

List 5 values you have in relationship to your career. e.g. Achievements

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to My Career		My Values Relevant to My Career by Priority	I Honour Each Career Value ___ /10 <small>(Below insert your score illustrating how well you live up to each value e.g. 1st value may be Achievements and score = 5/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Career Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your career currently.)



Level of Satisfaction

Thinking about My Career

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my career management even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my career management?

Taking Action

Think of the one action you identified in the previous section that will improve your career management. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas on Career Management?

Careers

- About.com/careers
http://careerplanning.about.com/cs/choosingacareer/f/right_career.htm
- Alltop.com/careers <http://careers.alltop.com/>
- Dictionary of Occupational Titles: <http://www.occupationalinfo.org/>
- How to Research a Great New Career? <http://www.mylifestylecareer.com/career-reinvention-2/how-to-research-a-great-new-career/>
- Occupational Outlook Handbook - <http://www.bls.gov/ooh/>
- What Color is Your Parachute – Dick Bolles
- Careers - <http://www.about.com/careers/>

Business Development

- About.com / entrepreneurs <http://entrepreneurs.about.com>
- About.com/start up <http://entrepreneurs.about.com/od/gettingstarted/u/startup.htm>
- Alltop.com <http://startups.alltop.com/>
- Entrepreneur <http://www.entrepreneur.com/>
- Wicked Start http://www.wickedstart.com/about_us

Leisure

Today was good. Today was fun. Tomorrow is another one

– Dr. Seuss

List 5 values you have in relationship to leisure. e.g. Fun

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Leisure		My Values Relevant to Leisure by Priority	I Honour Each Leisure Value ___ /10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Fun, and score = 7/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Leisure Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your leisure activities currently.)



Level of Satisfaction

Thinking About My Leisure Activities

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my leisure activities even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my leisure activities?

Taking Action

Think of the one action you identified in the previous section that will improve your leisure activities. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas About Leisure?

Food

- About.com/ 10 Food Lover Magazines - <http://gourmetfood.about.com/od/televisionforfoodies/tp/foodmag.htm>
- Alimentum/The Literature of Food - <http://www.alimentumjournal.com/>
- Cooking Basics - <http://www.bhg.com/recipes/how-to/cooking-basics/>
- Dining Etiquette - <http://whatscookingamerica.net/Menu/DiningEtiquetteGuide.htm>
- Lucky Peach/Journal of Food & Writing - <http://lky.ph/about>

Hobbies

- Hobbies & Games - <http://www.about.com/hobbies/>
- Hub Pages/How to Choose a Hobby - <http://hubpages.com/hub/How-to-Choose-a-Hobby>
- Human Kinetics – Definition of Leisure, Play and Recreation - <http://www.humankinetics.com/excerpts/excerpts/definitions-of-leisure-play-and-recreation>

Travel

- Choose Your Destination - <http://seniortravel.about.com/od/planningyourdreamtrip/qt/pickdestination.htm>
- Global Help Swap - <http://globalhelpswap.com/>
- Leap Local - <http://www.leaplocal.org/>
- Trip Advisor - <http://www.tripadvisor.com/>

Music & Movies

- Top 10 Places to Listen to Free Music Online - <http://freebies.about.com/od/computerfreebies/tp/free-music-online.htm>
- Top 10 Sites to Watch Free Streaming Movies & TV Shows - <http://www.bestfreestreaming.com/>
- Youtube - <http://www.youtube.com/>

Sports

- BBC Sports News - <http://www.bbc.co.uk/sport/0/>
- Bloomberg Sports News - <http://www.bloomberg.com/sports/>
- Learn a Sport - http://www.squidoo.com/sports_recreation_and_instruction
- Sport - <http://www.about.com/sports/>
- Sports & Recreation Magazines - <http://www.sportsrecreationmagazines.com/category/top-five-sports-magazines/>

Finances

Money won't create success, the freedom to make it will

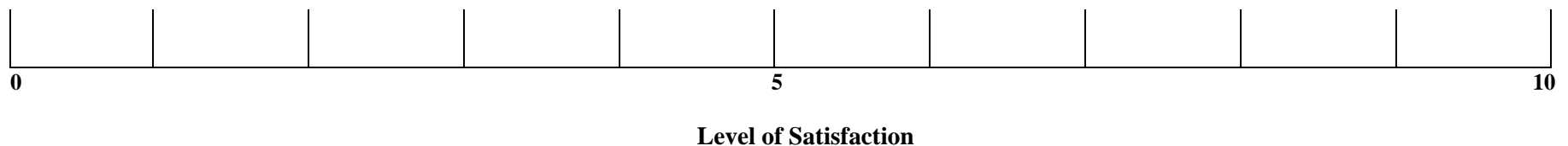
– Nelson Mandela

List 5 values you have in relationship to your personal finances. e.g. Freedom

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Finances		My Values Relevant to Finances by Priority	I Honour Each Finances Value ___/10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Freedom and score = 10/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With Personal Finances Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your personal finances currently.)



Thinking About My Personal Finances

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my personal finances even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my personal finances?

Taking Action

Think of the one action you identified in the previous section that will improve your personal finances. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas About Personal Finances?

- Crown Financial Ministries: Financial Planning - <http://www.crown.org/>
- Suze Orman: Personal Financial Planner – www.suzeorman.com
- Dave Ramsey: Personal Financial Planner - <http://www.daveramsey.com/home/>
- Gail Vaz-Oxlade (Jamaican based in Canada): Personal Financial Planner: - <http://www.gailvazoxlade.com/>
- Mint: Financial Planning Software - <https://www.mint.com/what-is-mint/>
- NetworthIQ: Social Net Worth Monitoring Site - <https://www.networthiq.com/>
- Money Strands: Financial Planning Software - <https://money.strands.com/>
- Daily Finance: Financial News & Information - <http://www.dailyfinance.com/>
- CNN Money: Financial News & Information - <http://money.cnn.com/>
- Smart Money: Financial News & Information - <http://www.smartmoney.com/plan/>
- BBC Money: Financial News & Information - http://www.bbc.co.uk/news/business/your_money/
- Top 10 Investment and Personal Finance Books: <http://schmidtj2k.hubpages.com/hub/Top-10-Investment-and-Personal-Finance-Books>

Friendship & Interpersonal Relationships

A friend loves at all times and a brother is born for adversity

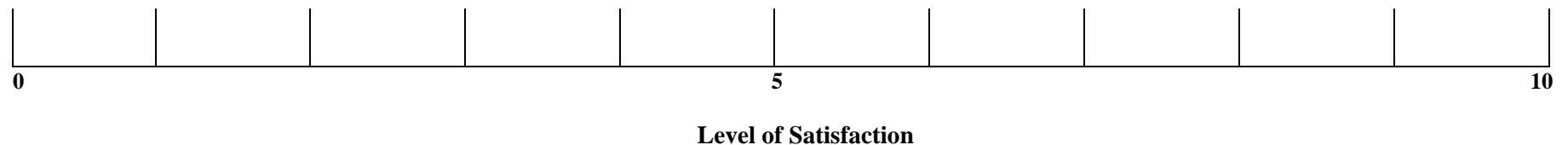
– Proverbs 17:17 New King James Version Bible

List 5 values you have in relationship to friendship & interpersonal relationships. e.g. Respect

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to Friendship & Interpersonal Relationships		My Values Relevant to Friendship & Interpersonal Relationships by Priority	I Honour Each Friendship & Interpersonal Relationship Value ___/10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Respect and score = 7/10)</small>
	1 st		
	2 nd		
	3 rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Friendships & Interpersonal Relationships Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your friendships & interpersonal relationships currently.)



Thinking About My Friendships & Interpersonal Relationships

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my friendships and interpersonal relationships even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my friendships and interpersonal relationships?

Taking Action

Think of the one action you identified in the previous section that will improve your friendships & interpersonal relationships. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas for My Friendships & Interpersonal Relationships?

- What Makes a Good Friend - <http://au.reachout.com/What-makes-a-good-friend>
- How to Be a Good Friend - <http://www.realsimple.com/work-life/life-strategies/inspiration-motivation/be-good-friend-00100000062690/index.html>
- How to Be a Friend to a Friend Who is Sick - <http://learningenglish.voanews.com/content/how-to-be-a-friend-to-a-friend-who-is-sick/1757808.html>
- How to Make Friends and Get a Social Life - <http://www.succeedsocially.com/sociallife>
- Improving Your Social Skills/Conversation - <http://www.improveyoursocialskills.com/conversation>
- 10 Reasons You Can't Say How You Feel - <http://psychcentral.com/lib/10-reasons-you-cant-say-how-you-feel/0002167>
- Building Assertiveness in 4 Steps - <http://psychcentral.com/blog/archives/2010/02/25/building-assertiveness-in-4-steps/>
- List of Values - <http://www.stevepavlina.com/articles/list-of-values.htm>
- What are Your Friendship Expectations - http://friendship.about.com/od/Toxic_Friends/tp/What-Are-Your-Friendship-Expectations.htm
- How good are your people skills - http://www.mindtools.com/pages/article/newTMM_36.htm
- Resolving Conflict Rationally & Effectively - http://www.mindtools.com/pages/article/newLDR_81.htm

Relationship With God

We need to find God and He cannot be found in noise and restlessness. God is the friend of silence

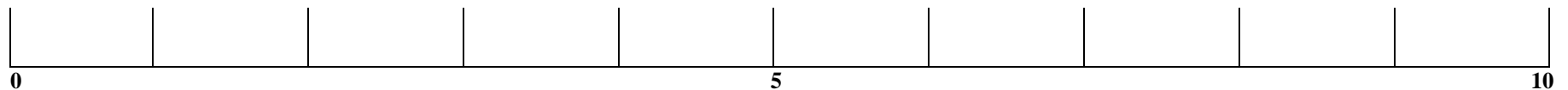
– Mother Teresa

List 5 values you have in relationship to your relationship with God. e.g. Closeness

- First column – list your values randomly as they come to mind
- Second column – Prioritize your values based on the level of importance to you
- Third column – On a scale of 1 to 10, with 10 being your highest level of satisfaction, give a score which illustrates how satisfied you are with how you live up to your values?

My Values Relevant to My Relationship With God		My Values Relevant to My Relationship With God by Priority	I Honour Each Relationship With God Value ___/10 <small>(Below insert your score illustrating how well you live up to <u>each</u> value e.g. 1st value may be Closeness, and score = 8/10)</small>
	1st		
	2 nd		
	3rd		
	4 th		
	5 th		

Currently My Overall Satisfaction With My Relationship With God Is? (With 10 as the highest score, on the scale below mark X at the score which illustrates your overall satisfaction with your relationship with God currently.)



Level of Satisfaction

Thinking About My Relationship with God

Why **is** my score 10/10 or Why is my score **not** 10/10?

What can I do to make my life relationship with God even better?

Based on my answer above, what is one (1) action that I can take **today** to improve my relationship with God?

Taking Action

Think of the one action you identified in the previous section that will improve your relationship with God. Using the chart below, re-write it as a goal statement and create a plan-of-action that will guide your follow through on actions that will increase your satisfaction with your life.

GOAL (Insert your goal statement):							
STEPS TO TAKE	NETWORKING	STRATEGIES	RESOURCES	FINANCES	HABITS	ENVIRONMENT	TIMEFRAME
What Steps Do I Need to Take to Accomplish This?	Who Do I Need to Talk to About This?	What Methods/Strategies Do I Need to Use?	What Tools/Equipment/Resources Will I Need?	How Much Money Will I Need?	What Do I Know About Myself Which May Prevent Me Taking Action?	What is it About my Personal, National, Global Environment Which May Prevent Me Taking Action?	When Will I Take Action?

Where Can I Get More Ideas for My Relationship with God?

- National Public Radio/Religion - <http://www.npr.org/sections/religion/?ft=1&f=1016>
- Major Religions by Size - http://www.adherents.com/Religions_By_Adherents.html
- BBC/Religions - <http://www.bbc.co.uk/religion/religions/>
- New Age - <http://www.patheos.com/Library/New-Age.html>
- Prayer & Healing - <http://www.webmd.com/balance/features/can-prayer-heal>
- Pew Research, Religion & Public Life Project - <http://www.pewforum.org/>
- World Religion Resources - <http://www.aril.org/World.html>
- Spiritual Disciplines - <http://christianteens.about.com/od/christianliving/a/What-Are-Spiritual-Disciplines.htm>
- Christianity - <http://christianity.about.com/>
- Bible Study Tools & Resources - http://christianity.about.com/od/biblestudyresources/Bible_Study_Tools_Resources.htm

How to Access Valuable Information Online

How to Evaluate a Web Source

- <http://websearch.about.com/od/referencesearch/a/evaluatesource.htm>

How to Conduct a Google Search

- <https://support.google.com/websearch/answer/35891>
- <http://searchengineland.com/guide/how-to-use-google-to-search>
- <http://www.googleguide.com/index.html>
- <http://www.google.com/intl/en/insidesearch/>

Search Engines

- AOL - <http://search.aol.com/aol/webhome>
- Ask - <http://www.ask.com/>
- Bing - <http://www.bing.com/>
- Blekko - <http://blekko.com/about>
- Dogpile - <http://www.dogpile.com/>
- Exalead - <http://www.exalead.com/search/faq>
- Excite - <http://www.excite.com/>
- Good Search - <http://www.goodsearch.com/>
- Google – www.youtube.com
- Info - <http://www.info.com/>
- Info space - <http://www.infospace.com/>
- Lycos - <http://www.lycos.com/>
- My Web Search - <http://home.mywebsearch.com/>
- Search - <http://www.search.com/>
- Webcrawler - <http://www.webcrawler.com/>
- Yahoo - <http://www.yahoo.com/>

General References

- About - <http://www.about.com/#!/editors-picks/>
- All Top - <http://alltop.com/>
- Amazon - <http://www.amazon.com/> (look for “best sellers” or “most popular” and for items with the highest number of reviews from purchasers)
- Edu Ref - <http://eduref.org/>
- Encyclopedia - <http://www.encyclopedia.com/>
- Encyclopedia Britannica - <http://www.britannica.com/>
- Free Online Dictionary of Computing - <http://foldoc.org/>
- Gary Price’s List of Lists – <http://searchenginewatch.com/article/2065348/Gary-Prices-List-of-Lists>
- How Stuff Works - <http://www.howstuffworks.com/>
- Internet Public Library - <http://www.ipl.org/>
- Itools - <http://itools.com/>
- Librarian’s Internet Index - <http://www.ipl.org/>
- Library of Congress’ News & Periodical Resources on the Web - <http://www.loc.gov/rr/news/lists.html>
- Library Spot - <http://www.libraryspot.com/>
- Newspaper Index - <http://www.newspaperindex.com/>
- Open Directory Reference - <http://www.dmoz.org/>
- Periodical Index Online - http://www.proquest.com/en-US/catalogs/databases/detail/periodicals_index.shtml
- Physicians’ Desk Reference - <http://www.pdr.net/>
- Purdue University Library Quick Reference - <http://www.lib.purdue.edu/find/quickreference>
- Refdesk - <http://www.refdesk.com/>
- Reference - <http://www.reference.com/>
- Web Reference - <http://www.webreference.com/about.html>
- Youtube - <http://www.youtube.com/>

Thank You

We at **YOU in Mind Jamaica**, thank you for your support and for selecting a copy of our e-Book **Life is Just for Living. So How Am I Doing?** We hope that this time of reflection will also serve as catalyst for your taking action to improve the level of satisfaction you have with the significant areas of *your* life. Do let us know how we can help you confidently and joyfully move forward with *Life and Living*. You may connect with us in any of the following ways:

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Blog: <http://youinmindjamaica.com/category/youinmindblog/>
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Linked In: <http://www.linkedin.com/in/cheryllmessam>
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Notes Page

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