

## CRITICAL AREAS OF SELF-DISCIPLINE

● **Spiritually**  
HIGHER POWER

● **Mentally**  
MIND & MENTAL HEALTH

● **Physically**  
HEALTH & FITNESS

● **Networth**  
FINANCES & INCOME

● **Network**  
FAMILY & COMMUNITY

● **Impact**  
INFLUENCE



**You  
Improve  
What You  
Track.**

● WRITE DOWN  
WHERE YOU ARE TODAY IN EACH AREA

● WRITE DOWN  
WHERE YOU DESIRE TO BE

● WRITE DOWN  
THE ACTS OF SELF-DISCIPLINE IN  
EACH AREA THAT GUARANTEES YOU  
GET THERE IN 1, 3 or 5 YEARS.

**Spiritually**

**Mentally**

**Physically**

**Net Worth**

**Network**

**Impact**