

Measure your life balance daily!

Being: Emotional well-being, mantras, meditation, cold showers, affirmations. Working on your emotional state. Your ability to be "anxiety-free," grateful, and present in the moment, with an emotional state of well-being.

Energy: What you put into your body & how you train it. Your ability to generate energy, be productive, stay focused & complete tasks.

Love: Love for others & yourself. Thinking of others and calling, writing, and being authentic. Your ability to generate love in life, personally & professionally.

Impact: Career or business. One action step forward daily. One new insight daily. Listen or read. Our ability to generate value in the world & generate income in return.

An infinite process that you can use every day to monitor your development.

Are you developing or declining?



Example of a scoring system to track daily development:

Being:

1/2 point = Mantras/meditation/cold showers/affirmations, etc.

1/2 point = Working on inner thoughts/visualization, etc.

Energy:

1/2 point = Exercise/walks, other activities.

1/2 point = Green juice/ or eating in a certain way.

Love:

1/2 point = Daily sending love to others, in the form of a message.

1/2 point = Daily feeling love for yourself. Prioritize something you love.

Impact:

1/2 point = One action step forward, possibly in business.

1/2 point = One new insight daily, in the form of listening to something or reading. Train the brain.

Here's a system that can track your way of being. You can keep yourself accountable for your development. You can see your progress.