

Crystallized Thinking Checklist

Name: _____ Area of Life: _____ Date: _____

Have I created the infrastructure of associated wheels in this area?

Have I written a mission statement for this area of my life?

Have I declared my personal values for this area?

Have I written down my wants and desires that correspond with this area?

Have I identified my general goals and target dates for this area of my life?

Have I identified my priorities for this focus area?

Have I identified my strengths and weaknesses in this area?

Did I create a progressive plan to accomplish my goals for this area?

Did I review the reflection questions and answer them to the best of my knowledge and experience?

Did I identify the perpetual patterns that will generate the foundation of continued growth and success in this area of my life?

Do I have my objectives broken down for this month? week?

Am I consistently recommitting to the actions, behaviors and attitudes that keep me moving toward my goals and my purpose in this area of my life.

Am I using affirmations and visualizations to generate the most appropriate attitudes and expectations?

Do I recognize my achievements and blessings in this area of my life, both past and present?

Do I have a power partner to help me stay accountable to my weekly and monthly evaluations and to help me appreciate my progress along the way?