

Reserve Index Program

Having a strong reserve in the six areas of your life is an advanced step in your personal development process. In fact, you are much more able to discover and share your unique gift when this reserve has been established.

The **Reserve Index**[™] consists of 100 items which, when achieved, give you the inner strength you want because you then will have more than you need, personally and professionally.

The Index is designed to be used in conjunction with the Reserve Course or with your Professional Coach.

Instructions for this program are on the last page.

INTELLECTUAL PROPERTY NOTICE

This material and these concepts are the intellectual property of Coach U, Inc. You may not repackage or resell this program without express written authorization and royalty payment. The exception is that you may deliver this program to single individuals without authorization or fee. If you lead a workshop, develop or deliver a program to a group or company based on or including this material or these concepts, authorization and fees are required. You may make as many copies of this program as you wish, as long as you make no changes or deletions of any kind.

BENEFITS

On the lines below, jot down specific benefits, results and shifts which happened in your life because you handled an item in the **Reserve Index**.[™]

Date	Benefit
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PROGRESS CHART

Date	Points (+/-)	Score

RESERVE INDEX PROGRAM 100-POINT CHECKLIST

#	Sections									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

SPECIAL NOTE

If your total score starts out at 20 or 30 out of 100, don't worry about it. This is a rigorous list, which takes time and training to reach 100.

We feel that it is worth devoting time and energy to this process: Doing whatever it takes to be at 100 on this index strengthens you so you can **afford** (financially, personally and professionally) to develop and share the unique and special gift you are.



TIME & SPACE

- My gas tank is always at least half-full.
- I don't do errands, ever.
- I am completely free of anything that binds me.
- I am *always* 10 minutes early and never rushed.
- My closets are empty of all that I don't need now.
- I always wear a seat belt.
- All my clothes are pressed or at the cleaners.
- My 3 key boundaries are always honored.
- The first and last 30 minutes of my day are the perfect way to arise and retire.
- I don't get stopped or off track for more than 1 hr.
- I am free of all addictions and attachments.
- I have a daily routine that is a joy.
- I use a time management system and I do not miss appointments or forget things.
- I do not tailgate, run yellow lights, or exceed the speed limit. I always let other cars "in".
- I don't do my own laundry or housework.

_____ Number of boxes checked (15 max)

LOVE & ATTRACTION

- No one in my life thinks I should change.
- I got 25 cards on my last birthday.
- My circle of 10 are fully supported and loved.
- I grant everyone I know and everyone I've never met a lifetime of absolute forgiveness.
- I've received 10 letters of gratefulness from friends/colleagues in the last 90 days.
- I attract people rather than go after them.
- I know the 10 things I **know** I want for others.
- I speak straight, always and appropriately. I don't hold back -- even the little stuff.
- I am a key part of a community of light-minded people.
- I do not react to people; I have lots of space.
- I treat everyone extremely well, from clerk to spouse.
- I put my relationships far ahead of results.
- I can afford to have others be right; they are.
- I have no expectations (no hidden needs) of my friends and family -- I expect nothing from them.
- I've given a personal and extraordinary gift to my circle of 10 in the last 6 months.

_____ Number of boxes checked (15 max)

MONEY & FREEDOM

- I always have \$100 in my pocket that I never use.
- I save/invest 20% of what I make each month.
- I invest 5% of my revenue in my own training.
- I have one year's reserve that I don't touch.
- I have six months' household and office supplies.
- I charge more for my services than I think I am worth.
- I am earning a stream of passive income.
- I know how much I need to retire/be Financially Independent and am on that plan.
- I have no credit card debt/short term debt.
- I make extra principal payments on my mortgage.
- I keep at least \$5,000 in my checking account.
- I paid the full Reserve Course tuition/donation prior to the deadline.
- I tip 25% when the service was awful and tell the server why.
- I tithe 10% to church, charity, friends or those who have made me successful.
- I buy the brands I want; I buy the best.

_____ Number of boxes checked (15 max)

ENERGY & VITALITY

- I print out my monthly personal/business financials by the 15th of the next month.
- My blood work shows all normal range results.
- I eat only the foods, which nourish me.
- People remark weekly how well I look/glow.
- I am never ill.
- I wouldn't even think of tolerating anything, anytime and I am beyond suffering about stuff.
- I consistently under-promise and over-deliver.
- Adrenaline never courses through my veins.
- My Need #1 (_____) is fully satisfied.
- My Need #2 (_____) is fully satisfied.
- My Need #3 (_____) is fully satisfied.
- My Clean Sweep score is 100 out of 100.
- I take 4 relaxing vacations per year.
- At the end of the business day, I am energized; work and play are the same.
- I get a massage/bodywork done monthly.

_____ Number of boxes checked (15 max)



OPPORTUNITIES & MOMENTUM

- I am at the center of a very strong network.
- I look forward to each evening.
- I can call someone for a quick \$10,000 loan.
- My vision is simple and being realized.
- My 3 Standards are clear and honored.
- I have what's called The Edge.
- Time is collapsing all around me.
- My basic message is crystal clear to all I meet.
- I discern and tell people who they are.
- I make huge, strong requests that are accepted.
- I initiate: I do not hope or wait, ever.
- I have the ideal life.
- I am not attached to any result.
- I can afford to make a million mistakes.
- People include me in business deals and opportunities.

_____ Number of boxes checked (15 max)

SOURCE & POWER

- My #1 Value (_____) is fully honored.
- My #2 Value (_____) is fully honored
- My #3 Value (_____) is fully honored.
- I always maintain a strong sense of inner peace.
- I no longer have to prove myself; I am enough.
- I am certain I am at choice about my entire life.
- I honor/respond immediately to my InnerVoice.
- I have a strong and personal theme for this year.
- I am unafraid. I am confident.
- I act based on desire, not consequence.
- Nothing hooks me.
- I self-create and self-manage.
- I trust a higher power (or my Self).
- I am content with myself; I don't *need* anyone else to feel healthy or whole.
- I completely trust my judgment, but often ask for other's input.

_____ Number of boxes checked (15 max)

BONUS 10

- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.
- I have more than enough _____.

_____ Number of boxes checked (10 max)

INSTRUCTIONS

There are 5 steps to completing the **Reserve Index**.™

Step 1: Answer each question. If true, check the box marked True. Be rigorous; be a hard grader. If the statement is sometimes or usually true please **DO NOT** check the box until the statement is virtually always true for you. (No "credit" until it is really true!) If the statement does not apply to you, check the box. If the statement will never be true for you, check the box. (You get "credit" for it because it does not apply or will never happen.) And, you may change any statement to fit your situation better.

Step 2: Summarize each section. Add up the number of checked boxes for each of the 6 sections and write those amounts where indicated. Then add up all six sections plus the bonus section and write the current total in the box on the front of this form (max 100).

Step 3: Fill out the Bonus Section. Please fill in the specific things or areas in which you do not currently have a reserve, but know you really want one in. Select ones that are not mentioned in the other 90 choices. As you get a reserve in these 10 areas, give yourself credit by filling out the little pyramid on the front.

Step 4: Color in the Progress Chart on the front page. If you have 9 checks in the Time section, for example, color in the bottom 9 boxes, and so on. Always start from the bottom up. The goal is to have both charts filled in. In the meantime, you have a current picture of how you are doing in each of the six areas.

Step 5: Keep playing until all boxes are filled in. You can do it! This process may take 30 or 360 days, but you can achieve a perfect score on the **Reserve Index**. Use your coach or a friend to assist you. And check back once a year for maintenance.

Form courtesy of and copyrighted by Coach U, Inc., www.coachu.com | FB297

© 2002 www.coachu.com | 500+ forms and checklists for life and business

