

MARK

Health 8

Friends & Family 8

Fun 7

Environment 8

Personal Growth 8

Finances 7

Romance 7

Work 8

HABITS: Using desktop computer

Idea to set alarm "label" affirmation

LISA

Health 9/10

Friends & Family 9/10

Fun 8

Environment 9/10

Personal Growth 9/10

Finances 5/6

Romance 7

Work 7

HABITS: Finances

Pension 1/3 of bills

Work right now is decluttering world

I am my work right now

Don't want to say am on vacation or going too fast

I'm intentionally living this way

Want more money flowing in

Letting dance account grow on purpose

When I feel as if I have decluttered to the place of comfort, then I'll be available for my own next piece

JILL

Health 7

Friends & Family 8

Fun 6
Environment 6
Personal Growth 7
Finances 4
Romance 0
Work 7

HABITS: Romance e.g. date night
Acronym CREATE
Chemistry
Respect
Empathy
Accountability
Trust
Enjoyment

Hokomi modality re Lisa
Carla suggests daily writing "What do I love about my husband?"

CARLA
Health 9
Friends & Family 7
Fun 5
Environment 6
Personal Growth 5
Finances 6
Romance 8
Work 7

HABIT: journaling
Will always be room for improvement

ANDRE
Health 4
Friends & Family 7
Fun 8
Environment 7/8
Personal Growth 6/7

Finances 6/7
Romance 5/6
Work 5

HABITS
Tuesday leave at 12:45

RAE-ANN
Health 8
Friends & Family 9
Fun 7
Environment 8
Personal Growth 9.5
Finances 7.5
Romance 8.5
Work 9

KATIE
Health 9
Friends & Family 6
Fun 8
Environment 8
Personal Growth 10
Finances 7/8
Romance 7/8
Work 7/8