



The Core Conditioning Scorecard™

To help you clearly understand your current level of conditioning (**personal & financial**), complete **The Core Conditioning Scorecard™**. Rate your reactions to each pair of phrases. Decide where you fit on the scale from 1 to 10. Add up your total from each column.

I don't have a clear vision for I want in my life nor a plan to get there.	1	2	3	4	5	6	7	8	9	10	I have a clear vision for what I want in my life & a plan to get there.
I am not getting the most out of what I am doing with my money.	1	2	3	4	5	6	7	8	9	10	I am maximizing what I am doing with my money & minimizing my mistakes.
I am not on track to enjoy a comfortable retirement & to stay comfortably retired.	1	2	3	4	5	6	7	8	9	10	I am on track to enjoy a comfortable retirement & to stay comfortably retired.
My financial plan is disorganized, fragmented and out of date.	1	2	3	4	5	6	7	8	9	10	My financial plan is organized, integrated & current.
Assisting my family members with their financial goals is not important to me.	1	2	3	4	5	6	7	8	9	10	Assisting my family members with their financial goals is important to me.
I am not living a full, rich & meaningful life.	1	2	3	4	5	6	7	8	9	10	I am living a full, rich & meaningful life.
My health & fitness & well-being is poor.	1	2	3	4	5	6	7	8	9	10	My health & fitness & well-being is excellent.
I don't want to leave a financial inheritance/ legacy.	1	2	3	4	5	6	7	8	9	10	I want to leave a financial inheritance/legacy.
I am dissatisfied with the financial advice/guidance I am currently receiving.	1	2	3	4	5	6	7	8	9	10	I am completely satisfied with the financial advice/guidance I am currently receiving.
I don't spend time; doing the things I love/with the people I care about.	1	2	3	4	5	6	7	8	9	10	I spend time; doing the things I love/with the people I care about.

Your Scorecard Total: _____