

FOUR SQUARE SCORESHEET

		YOUR GAME	NOT YOUR GAME
PLAY FAIR	A	Saint The Halo High	B Good Person Unfulfilled
	CHEAT	C Justifier Restless	D Addict Miserable

STEP

1

Track your wasted time. Everything that does not help you to be a better person or does not help anyone else live a better life is wasted time. Wasted hours of 3 hours or less puts you in the "Your Game" column. More than 3 hours puts you in the "Not Your Game" column.

How many hours did you waste today?

2

Track your behavior. Keep track of the good and bad things you think, say, and do in a day. Subtract the bad from the good to arrive at a net score: Good - Bad = Net Score. A positive net score puts you in the "Play Fair" row. A negative net score puts you in the "Cheat" row.

Good _____
Bad _____
Net Score _____

3

Determine which of the four boxes your activities and behavior put you in for the day by combining the appropriate column and row. Your grade for the day is the letter in that box.

What grade did you earn today?

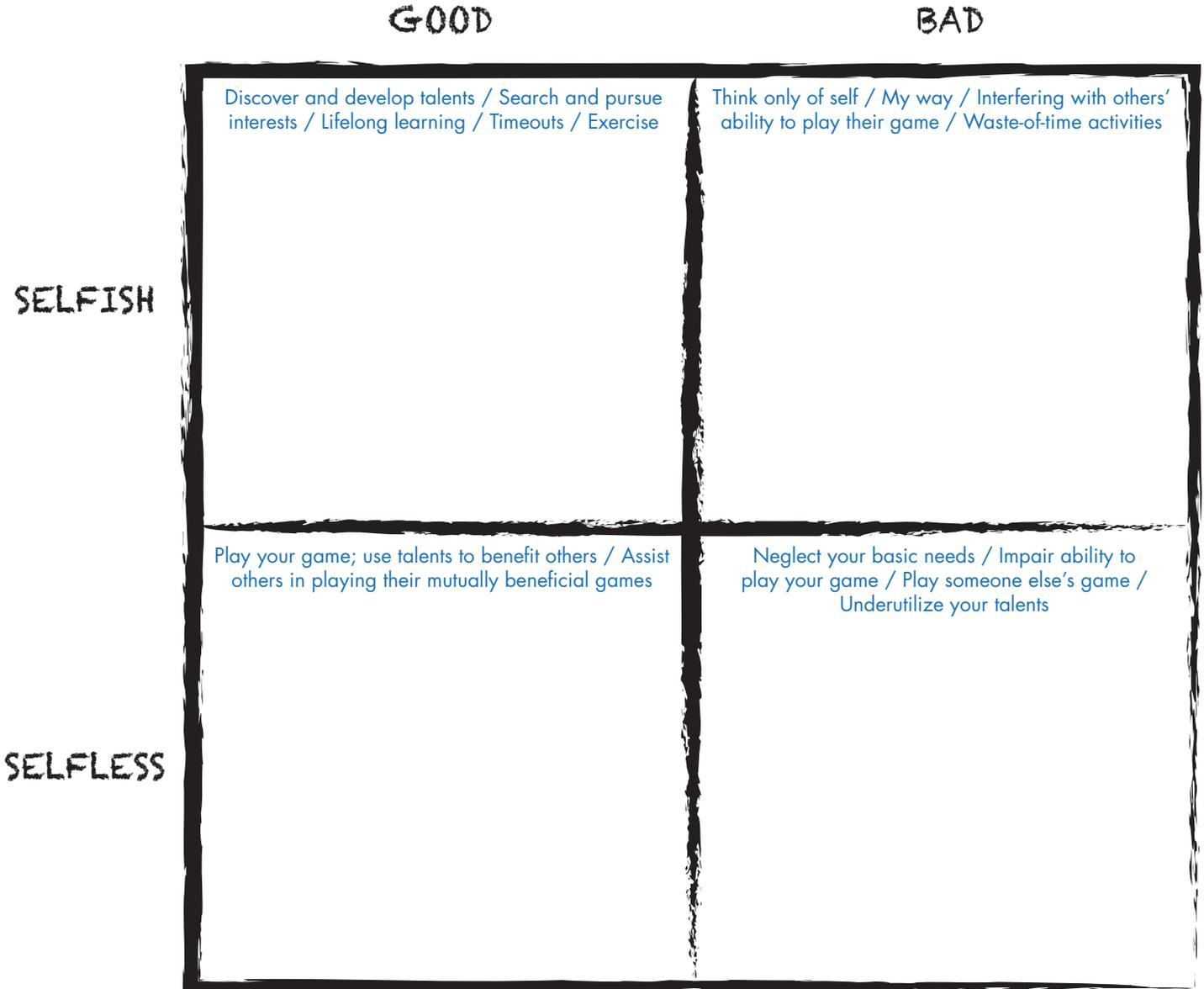
What do you feel really good about today? _____

What one thing will you strive to do better tomorrow? _____

Congratulations on paying attention to what you are doing and how you are doing it. These simple actions taken every day will serve to drive your continual improvement and help you to live the Playground Heaven life.

SELFISH-LESS-NESS MATRIX

Assess ALL of your activities and plot them in the appropriate square in the matrix.



Based on your assessment, determine what you will stop, start, and continue doing and write them here:

STOP	
START	
CONTINUE	

Objective: To develop your preferred version of heaven in as much detail as you can.

1

Jot down the first thoughts that come to mind right now:

2

Read through the following list of questions and jot down any thoughts you find interesting and important to developing your preferred version of heaven. When you get to your heaven...

What will God say to you? _____

What will you say? _____

What questions will you ask? _____

What does heaven look like? _____

Who is there? _____

What is there? _____

Do we have bodies? What do we look like? _____

Can we fly? Can we time travel? _____

Do we have homes? Where do we live? _____

Do we have possessions? What are they? _____

Do we have families? Do we reunite with those we knew on earth? _____

Do we eat? What do we eat? _____

What do we do? Do we have jobs? _____

Do we learn the truth about everything? _____

Can we get in touch with anyone we want? _____

Can we interact with those on earth in some way? _____

3

Now write a couple of paragraphs describing your heaven vision. Write in as much detail as it will take for you to be able to come back to it, understand it, and feel it as deeply as you do at this moment. Don't overthink it. Consider it a work in progress. It should make you smile now and every time you read it. Keep it handy somewhere for future reference and look at it whenever you need a boost.