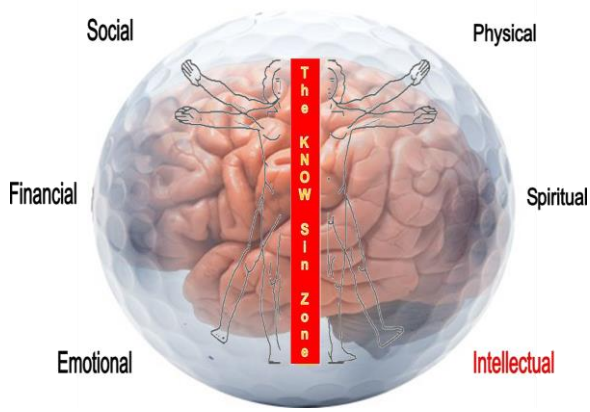




Life Balance Assessment

“Rhythm of the Game—Like the Rhythm of Life”



"Find Your Game!"

"Find Your Game!" This slogan was made famous by the Taylor Made Golf Company when they introduced their "Burner Bubble" golf club line. Of course, like the other golf manufacturers, Taylor Made tries to convince us with their advertising that all we have to do to *"find our game"* is buy their latest products. They even entice us with endorsements from top professionals. The problem with this approach is that more of these clubs find our basements or the trunks of our cars rather than bring our games to the next level. They don't tell us the time and self-searching the top players spend to find their games.

"How unsearchable His judgments, and who has ever known the mind of the Lord?" the Bible asks us. The exact game that pulled yours truly away from God as a teenager brought me back in my mid-thirties, only to find out I had no game left. Like that old proverb, *"The spirit is willing, but the flesh is weak."*

Not short on determination (or maybe pride), I set out to find my game again. In each round I played, I kept statistics instead of scores to determine the parts of the game I needed to find. Here's what I found out:

The average fairways hit per round was 5.5. Greens hit in regulation were 10.4, of which my conversion rate of the missed greens was a poor 3.1, and I averaged an abominable 34.6 putts per round. Aside from my hands turning to stone, what does all this mean? Bluntly, if I don't get better at shaping my tee shots and develop a marksman-like approach from a hundred yards and in, I can forget about ever finding my game again. Most importantly, being the over-achiever I am, I need accountability that reminds me that if I conquer the world, I may lose my life.

So, I used my tenth club to play the game of life. I began taking an inventory of my life along with my golf game, and here's what I discovered: To live a 168-hour weekly prioritized lifestyle, I would need to spend 16.8 hours in communion with my God, 49.0 hours sleeping, 8.0 hours of exercise, 16.8 hours with my wife and children, 16.8 hours of personal time, still leaving me with 60.4 hours every week to work, work, work. What I discovered is not that I don't have time, which is a symptom of our area, but I'm sloppy with the time I have, and it's much easier anticipating life than being an active participant in it.

Take A Close Look At Your Golf Game

 GOLF CLUB EQUIPMENT & PLAYING EVALUATION																											
FITTING SCORE CARD																											
CIRCLE WOODS AND IRONS BELOW TO SHOW YOUR SET MAKEUP																											
WOODS														IRONS													
HOLE	1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	9	PW	SW	3W	Fairway	Green	Bunker	Putts	Score			
1																				HLR	HLRSO	H 1 2	1 2 3 4				
2																				HLR	HLRSO	H 1 2	1 2 3 4				
3																				HLR	HLRSO	H 1 2	1 2 3 4				
4																				HLR	HLRSO	H 1 2	1 2 3 4				
5																				HLR	HLRSO	H 1 2	1 2 3 4				
6																				HLR	HLRSO	H 1 2	1 2 3 4				
7																				HLR	HLRSO	H 1 2	1 2 3 4				
8																				HLR	HLRSO	H 1 2	1 2 3 4				
9																				HLR	HLRSO	H 1 2	1 2 3 4				
OUT																											
10																				HLR	HLRSO	H 1 2	1 2 3 4				
11																				HLR	HLRSO	H 1 2	1 2 3 4				
12																				HLR	HLRSO	H 1 2	1 2 3 4				
13																				HLR	HLRSO	H 1 2	1 2 3 4				
14																				HLR	HLRSO	H 1 2	1 2 3 4				
15																				HLR	HLRSO	H 1 2	1 2 3 4				
16																				HLR	HLRSO	H 1 2	1 2 3 4				
17																				HLR	HLRSO	H 1 2	1 2 3 4				
18																				HLR	HLRSO	H 1 2	1 2 3 4				
IN																											
TOTAL																											

INSTRUCTIONS:

- Fill Card Out on Next Tee while Others in Your Group Hit
- Place an "X" in Woods and Irons Section to Indicate Clubs Hit on Each Hole
- Circle any "X" to Indicate any Unsolid Feeling Hit, Regardless of the Result
- Square Any "X" to Indicate a Chip Shot
- Circle Appropriate Letters and/or Numbers in Fairway, Green, Bunker & Putts Column
- At Bottom of "Putts" Column, in the "Total" Block, Write in Total Putts for the Round

COMMENTS: _____

[Download Scorecards](#)

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Take A Close Look At Your Golf Game

(Identifying Strongholds and Temporal Substances)

As in golf, we must “*Find Our Game*” in life. This too requires an inventory of sorts. No one is perfect and for that fact we all have strongholds and temporal substances that can hold us back from achieving our God-given potential.

Let’s start to find Your “Life” Game.

QUESTION: What habit, substance, or activity do you tend to turn to when under pressure or stress? (Check those that apply)

☐	Excessive Work
☐	Sex / Pornography
☐	Over-Achievement
☐	Binge Eating
☐	Taking Control
☐	Uncontrolled Anger
☐	Money Dysfunction
☐	Hoarding
☐	Exaggerate Success
☐	Shopping When Stressed
☐	Spending on Toys
☐	Gambling
☐	Approval Seeking
☐	Toxic Relationships
☐	Rescuing Other People
☐	Physical Illness (Hypochondria)

☐	Materialism
☐	Under-Earning
☐	Overindulging in Alcohol
☐	Abusing Drugs (Legal or Illegal)
☐	Headaches / Migraines
☐	Blaming Others / Manipulation
☐	Character Assassination of Others
☐	Make Others Feel Sorry For Me
☐	Lie or Stretch the Truth
☐	Dishonestly Boastful
☐	Self-Pity
☐	Rebellious & Resentful
☐	Repetitive Spiritual Backsliding
☐	Frequent Exhaustion & Burnout
☐	Need or Enjoy To Hurt People
☐	Other: _____

☐	Excessive Exercise Conditioning
☐	Cosmetics & Surgery
☐	Excessive Clothes Buying
☐	Academic Achievement
☐	Religiosity
☐	Excessive Intellectualizing
☐	Perfectionism
☐	Obsessive Cleanliness
☐	Compulsive Organizing
☐	Excessive Worry
☐	Low Self Esteem

☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____
☐	Other: _____

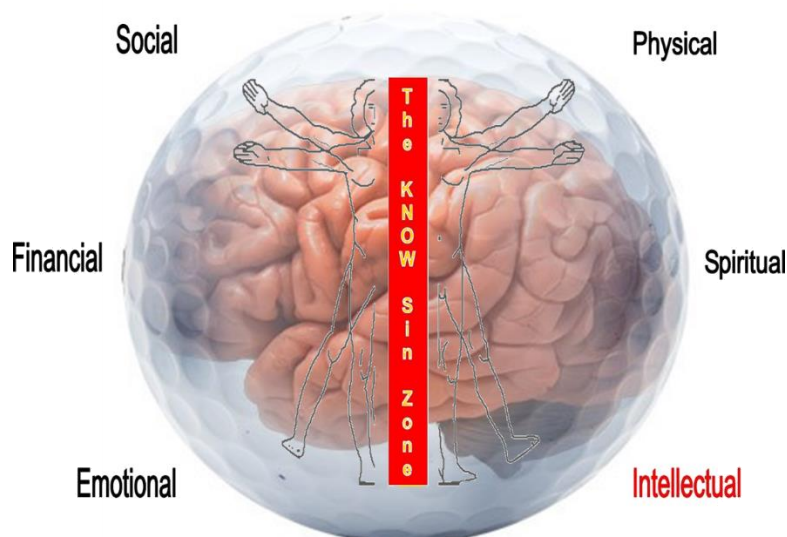
Y N (Check "Yes" or "No" to the following)

☐	☐	1.	I need more of the habit, substance, or activity than I used to experience a useful life under pressure.
☐	☐	2.	I turn to the habit, substance, or activity for reward or protection.
☐	☐	3.	I sometimes hide the habit, substance, or activity from those around me.
☐	☐	4.	Has the habit, substance, or activity affected my productivity on the job, at home, or in other areas of my life?
☐	☐	5.	Have I been deceitful with the habit, substance, or activity to the detriment of others around me?
☐	☐	6.	Could the habit, substance, or activity left unaddressed be destructive to me or others? (<i>Look at the worst-case scenario</i>)
☐	☐	7.	Have those around me ever mentioned the habit, substance, or activity?
☐	☐	8.	Do I get defensive when the subject of the habit, substance, or activity is brought up?

☐	☐	9.	Do I feel guilt or remorse for indulging in the habit, substance, or activity?
☐	☐	10.	Do I promise myself I will stop the habit, substance, or activity without doing so?
☐	☐	11.	Do I find that regardless of my resolve to stop the habit, substance, or activity to turn to it again?
☐	☐	12.	After attempting to stop the habit, substance, or activity unsuccessfully, do I find that they actually increase?

Notes:

LIFE DEVELOPMENT CHART



Balance is important in everything you do. Balance is the foundation of power. It is the springboard for just how far one can go in sport and life. Proper balance leads to consistency in both games.

Following is our lie balance test. Our Coaching and Training Assessments have been custom-developed. They have been put through rigorous clinical trials and tested personally over the last 25 years. Our goal is to develop a "Whole, Balanced, and Complete" person, Physically, Emotionally, Spiritually, Intellectually, Financially, and Socially. THEY WILL WORK IF YOU WORK THEM and ARE WILLING TO DO WHAT MOST WON'T!

PHYSICAL: Today, how will you care for your body through exercise and nourishment to be a perfect machine for your bidding? Remember, *"Health is the single most commodity you have been given as a gift, one you won't recognize or appreciate until you have it no longer."*

Q: What is holding you back from doing this?

SPIRITUAL: Practice facing yourself. Listen to the sound of silence that is planted in your brain. Then, dig those strongholds out of the dirt of your life that you KNOW are holding you back from being all that you can be. Practice! Practice! Practice! Dig into those strongholds you've been using to perpetrate your cover-up and discover that newfound freedom guided by wisdom to benefit others.

Q: What is holding you back from doing this?

EMOTIONAL: Seek to improve your conscious contact with God. See God in everything with a Spirit of "Incurable Gratitude" to unlock a fullness of life with the intent to empower others. Seek Joy – Not Happiness. Work on your [Spiritual Cardio](#) and [Spiritual Strength Training](#). [Share your Experience, Strength, and Hope](#).

Q: What is holding you back from doing this?

FINANCIAL: Visit your [Poverty Consciousness Assessment](#). If you've not taken one, you should do so. The assessment is available to all members on our club's website and app. A "Focused" building of our [gratitude list](#) is the foundation for shaping an [incurably optimistic and grateful perspective](#) on life critical to our prosperity.

Q: What is holding you back from doing this?

SOCIAL: Tell God you have become willing to fulfill your commission and ask that your eyes be opened as to where to serve. Your goal should be to hear the words, *"Well Done, Good and Faithful Servant,"* as you sink your final putt in this life.

Q: What is holding you back from doing this?

INTELLECTUAL: We've all heard the expression "Knowledge is Power," but is it? To be true champions, we must guard our hearts regarding the Intellectual component of our lives. We were created by God and for God. We were attached to God at "the hip," so to speak. God was to be our intellect. However, when we decided to eat from the forbidden Tree of Knowledge, we separated from God (Sin) and began using our intellects for worldly and self-gain. This knowledge was not how God intended us to use our intellects. They were to be used to glorify God and only God strictly. True champions understand this theory and have found their games through mental conditioning and toughness, using their knowledge to benefit others, which glorifies God.

Q: What is holding you back from doing this?

Notes:

“Rhythm of the Game like the Rhythm of Life.” -Bagger Vance

Download the [Daily Scorecard](#) and analyze your life game after 30 days of tracking your activities. Meet with your accountability regularly, taking a fearless look as you go along, then determine how to balance those areas that need attention.

[illegible]

I Will Enjoy What Most Never Will"

TODAY, be especially thankful and humbled for the forgiveness you have received by God and the people you have harmed.

Swing Thought:

Notes / Journal

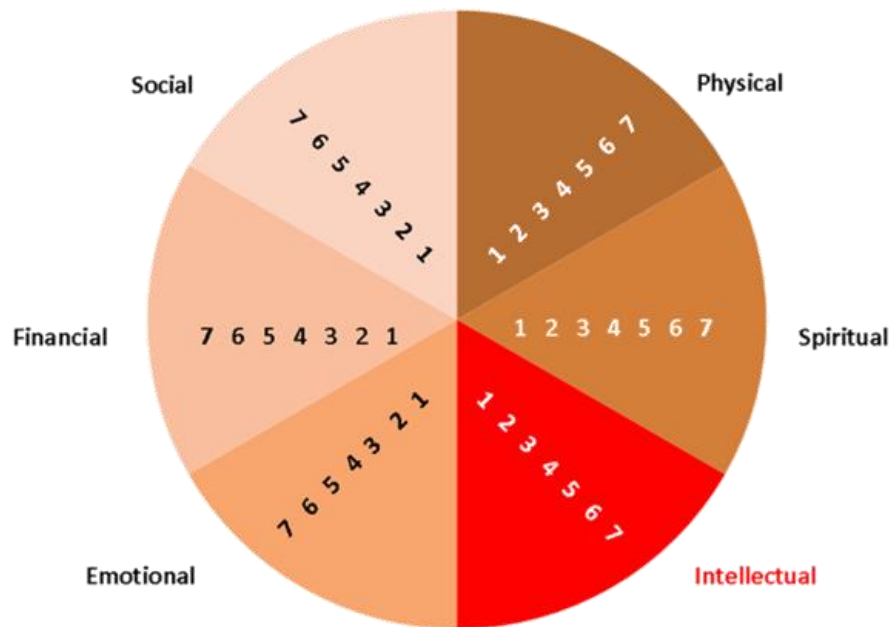
Give the BEST of yourself today. "Whatever I do, whether in word or deed, I will do it all in the name of the Lord Jesus, giving thanks to God the Father

Check Off Your Daily Rhythm

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm Up							
Reach Out							
Gratitude List							
Meditation							
Wrap Up							
DAILY TOTALS							

Shape your balance wheel. Circle the number below that best represents your level of satisfaction in that area of your life. Connect the numbers to determine how smoothly you're living and the places where change is needed.

("7" = Very Satisfied; "1" = Very Dissatisfied)



Notes: