

Gold Bars Exercise

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:

Capital that Needs to Increase Most: _____

Investment that Needs to be Made to Increase that Capital:



Please complete the Gold Bars Resource Assessment worksheet in your Younique Experience Notebook.

Gold Bars Exercise *Example 1 - Karen*

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	1	9
Relational Capital	5	7
Physical Capital	4	5
Intellectual Capital	2	7
Financial Capital	5	6

Priority and Pivot Point:

Capital that Needs to Increase Most: *Spiritual Capital*

Investment that Needs to be Made to Increase that Capital:

I need to get into an intentional disciplinmaking relationship w/ mentor

Gold Bars Exercise *Example 2-Terry*

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	6	10
Relational Capital	4	7
Physical Capital	1	7
Intellectual Capital	4	5
Financial Capital	2	5

Priority and Pivot Point:

Capital that Needs to Increase Most: Physical Capital

Investment that Needs to be Made to Increase that Capital:

I need to get a trainer and work out on a regular basis.