

# YOUR 5 F'S WORKSHEET

The wonderful way to check daily if you are living a whole and balanced life is to think of having balance through 5Fs. So, stretch out your left hand anytime and count down your five fingers as:

1. Faith
2. Fitness
3. Friends
4. Family
5. Finance

It is like a compassionate To-Do list when you stretch out your hand each morning and check in against each category.

Doing this exercise across all the five categories will give you a values list that is true to you and moves you to not only want to live by these values but to do so daily. This is because we often know what to do but we fail to do what we know. It gets lost in the business of our daily lives. Or it is too complicated to recall at any time. The 5Fs are simple yet strong.

Repeating this exercise each week lets you dig a little deeper. Your questions, values and touch points will be yours alone. Here are some of the questions I ask myself repeatedly and some suggestions for you.



\*Faith: “What will I do today to build my faith in myself? What is there that is beyond me that holds me and all humanity together? What does God, or that which I believe in, hold dear, and how can I fill my heart and soul and life with the pure love and guidance of this source?”

\*\*Fitness and Health: “If I were totally fit, I’d have more energy, feel better about my body, be sexier and love life better.” This is getting to your ‘why,’ so now ask yourself “Why is it important for me to have better, uncompromised health?” The answers might be what you want, such as feeling sexy, and what you don’t want, such as having to take sick time off work or being unable to enjoy walks as your back hurts too much. What actions will help you be fit in body and mind?

\*\*\*Friends: “Which friend shall I reach out to and make time for? Who are the five most important friends for challenging me and holding me accountable for my own growth in every way I wish to grow? Do I need to reconnect with any friends? Are there friends who are now just a number in my phone? Do I reach out to them, or do I accept we were together for a season and a reason, and let them go with my blessing?”

\*\*\*\*Family: “How can I connect with my family today? Have I reached out to my family? Is there a family member, or someone I count as my family, who might need a call? Have I got everyone’s birthday down? Am I remembering special occasions during the year? Do I make them feel they are in my thoughts by my everyday actions?”

\*\*\*\*\*Finance: “What steps shall I take to attract and allow the energy that is money and reward flow to me? Do I need to work on my relationship with that energy and the value that I put upon my services? Are there any blocks standing in my way? Who do I need to reach out to in order to remove those blocks? How can I benefit others from my good fortune and good finances? Did I remember to be altruistic and pay it forward?”

\*\*\*\*\*Fun: How about adding a 6th finger - for fun! We are meant to do more than just endure life. This one is like the caviar or champagne or whatever is a treat for you. Remember to have fun in the process. Life is to be enjoyed! You deserve it.

The 5Fs formula will let you be in flow with your goals so that they will not only change your life and wellbeing for the better but also impact positively the lives of all those around you.

So, without further ado, grab a pen and complete the following exercise:

# EXERCISE: YOUR 5 F'S:

AGAINST EACH OF THE 5 F'S BELOW  
(FAITH, FITNESS, FRIENDS, FAMILY & FINANCE)  
ASK YOURSELF THE FOLLOWING:

## 1. PREMISE:

What do I believe?

## 2. VISION:

What do I want?

## 3. PURPOSE:

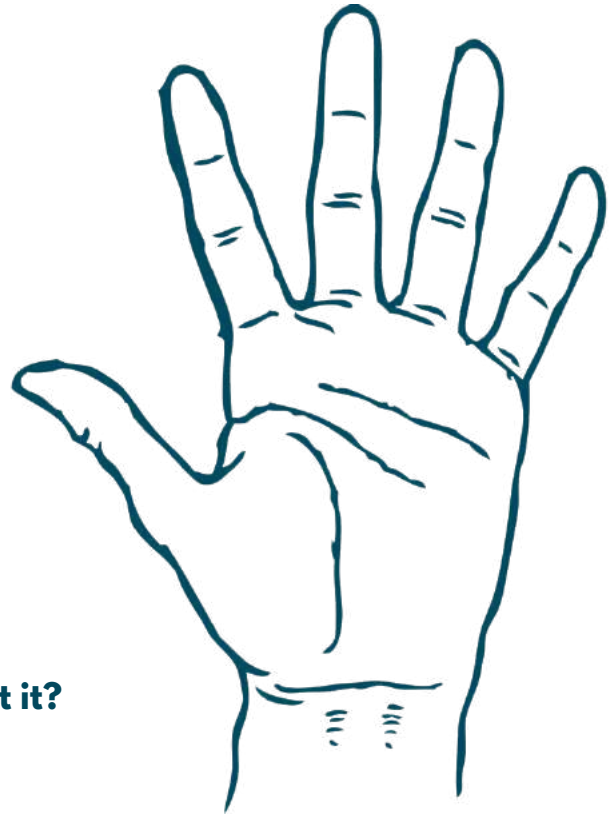
Why do I want it?

## 4. STRATEGY:

What do I need to do to get it?

## 5. RELEASE:

What do I need to let go of, to stop doing, to get it?



### FAITH

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **FITNESS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **FRIENDS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **FAMILY**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **FINANCE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Accept what is. Let go of what was. Have faith in what can be.