

# COMPLETED EXAMPLE FORMS

## Saint Builder Sandbox

|                                |       |
|--------------------------------|-------|
| Saint or Ain't Exercise        | 2     |
| Mission Finder – Phase I       | 3     |
| Mission Finder – Phase II      | 4     |
| Mission Finder – Phase III     | 5     |
| Happiness Index                | 6     |
| Potential PLAY Activities      | 7     |
| PLAYtime Tracker               | 8     |
| PLAY Plan Options              | 9     |
| PLAYground Activity Tracker    | 10    |
| Flying V Tracker               | 11-12 |
| Saintball Scorecard            | 13    |
| Goal Brainstorming Worksheet   | 14    |
| SAINT Goal Matrix              | 15    |
| PLAYground Activity Plan       | 16    |
| What Should I Journal          | 17    |
| Life Plan Template             | 18    |
| My Story Builder Questionnaire | 19-20 |
| My U-logy Template             | 21    |

### Saint or Ain't Exercise

Instructions:

1. List the traits and behaviors that you envision as being saintly in the left-hand column.
2. Do the same for what you would regard as unsaintly in the right-hand column.
3. Answer the questions below.

| Saint                           | Ain't                      |
|---------------------------------|----------------------------|
| Thinks Others First             | <u>Selfish</u>             |
| <u>Positive Attitude</u>        | Negative outlook           |
| Kind                            | Envious                    |
| Honest                          | Distorts the truth         |
| Patient                         | Quick to anger             |
| <u>Belief in a higher power</u> | Faith only in self         |
| Open minded                     | Closed minded              |
| Diligent                        | Lazy                       |
| Persistent                      | Gives up easily            |
| Consistent                      | Erratic behavior           |
| Expects the Best                | Expects the worst          |
| Lives in the present            | Lives in the past          |
| Focused                         | wanders                    |
| <u>Faithful</u>                 | Unfaithful                 |
| Action oriented - proactive     | Lets things happen         |
| Fun to be around                | Buzz kill                  |
| Humble, yet assertive           | <u>Prideful</u>            |
| <u>Seeks and Speaks Truth</u>   | Believes truth is relative |
| <u>Lifelong learner</u>         | Knows it all               |
| Walks the talk                  | Do as I say, not as I do   |
|                                 |                            |
|                                 |                            |
|                                 |                            |
|                                 |                            |
|                                 |                            |

Circle the traits and behaviors in both columns that you most closely associate with yourself currently. Take a moment to think about the following questions, and any others you feel are relevant.

- Are they mostly in the saint column or in the ain't column? *saint, but some very bad aints*
- What are you doing well? *Positive about future*
- In what specific areas could you do better? *Be more focused on others*
- Do you truly want to do better? *YES!*
- Are you going to be a saint or an ain't?

Mission Finder – Phase I Worksheet

Current Mission (10 Minutes)

What do you spend the bulk of your time doing? Working at Job

Who do you do it for? Customers + fellow employees

What benefit do they get from it? A valuable service that meets their expectations (customers). A positive work environment (employees).

Please circle your answer and explain. The word "it" refers to your current mission.

(40 minutes, 5 minutes per question)

Is it the best use of your natural gifts? Y or  N

Why? Too much wasted time on non-value added activities - That is, activities customers would not want to pay for.

Does it provide a significant benefit to others?  Y or N

Why? Customers receive a valuable service.

Do you think about it and want to be doing it most of the time? Y or  N

Why? Too much wasted time + effort.

Do you usually feel self-satisfied when you are doing it? Y or  N

Why? Again, the waste is discouraging.

Are you continually striving to become better at it?  Y or N

Why? It's my nature

Can you see yourself doing it all your life? Y or  N

Why? Would look back with much regret about what I could have done to make the world a better place.

Does doing it encourage you to behave morally and are you able to do so? Y or  N

Why? Dishonesty is prevalent and difficult to avoid in order to survive.

If you knew you were going to die in the next year, would you keep doing it? Y or  N

Why? Would quit immediately!

Revised or Alternative Mission (10 Minutes)

What do/will you do with the bulk of your time? To be determined, further exploration needed.

Who do/will you do it for? \_\_\_\_\_

What benefit do/will they get from it? \_\_\_\_\_

Mission Finder – Phase II Worksheet

Potential Mission (10 Minutes)

What will you do? Help people become their best selves

Who will you do it for? Anyone who is serious about wanting to improve themselves

What benefit will they get from it? Guidance and motivation

Your Strengths (20 minutes)

What are your natural talents? Rhythm, hand/eye coordination, setting & achieving goals, planning & organizing, listening for understanding, logic, sense of humor

What skills have you learned? Leadership, accounting/business, speaking (Public), writing

What other strengths would you like to develop? Patience

Your Interests (20 Minutes)

What interests do you have that could provide value to others? Tennis, Sports psychology, Drums, Striving to become the best person I can be utilizing the talents I have, Coaching, Writing

What do others need or want that you could become interested in providing? Life coaching - Career coaching

Alternate Potential Mission (10 Minutes)

What will you do? See Above - Needs to be more specific. Will work on in Phase III.

Who will you do it for? \_\_\_\_\_

What benefit will they get from it? \_\_\_\_\_

Mission Finder – Phase III Worksheet

SWOT (40 Minutes – 10 Minutes per box)

|                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Strengths</b><br/>(Natural and acquired talents)</p> <ul style="list-style-type: none"> <li>- Setting + Achieving Goals</li> <li>- Planning + organizing</li> <li>- Leadership development</li> <li>- Logic</li> <li>- Research to get to truth</li> <li>- Listening for understanding</li> <li>- Coaching</li> <li>- Writing</li> <li>- Public speaking</li> <li>- Faith</li> </ul> | <p><b>Opportunities</b><br/>(Needs or wants of others that I could fulfill)</p> <ul style="list-style-type: none"> <li>- Life Coaching</li> <li>- Career counseling</li> <li>- Spiritual direction</li> <li>- Life Mission identification</li> <li>- Goal setting</li> </ul> |
| <p><b>Weaknesses</b><br/>(Traits to overcome or acknowledge)</p> <ul style="list-style-type: none"> <li>- Patience</li> <li>- Stubborn</li> <li>- Distractions - TV, etc.</li> </ul>                                                                                                                                                                                                       | <p><b>Threats</b><br/>(Barriers to success posed by the world)</p> <ul style="list-style-type: none"> <li>- What will others think?</li> <li>- Credibility on topic (no formal degree)</li> </ul>                                                                            |

Potential Mission (20 Minutes)

What will you do? Guide, motivate and inspire people to strive to become the saints they were meant to be - Start with self!

Who will you do it for? Those who see the benefit and are willing to put in a serious effort.

What benefit will they get from it? Happier life for self and those they interact with. And may be eternal life in heaven. 19

## Happiness Index

**Instructions:**

- Fill in the years starting with your year of birth and ending with the current year.
- Complete the age column starting with zero in your year of birth. You may need additional sheets depending on your age.
- Rate each year using a 1 to 10 scale, where 10 is the happiest you can imagine being and 1 the unhappiest. Guess for the first few years 😊
- When completed with your ratings, count the number of years corresponding to each rating grouping and enter them in the appropriate row. Add them all together and enter in the total row. That total should be one year more than your age if you have already had your birthday this year (if not it will be your age).
- Compute Percent of Total for each Score Range Number of Years grouping and enter in the corresponding row (divide the Number of Years by the Total and round to the nearest whole percent). The Percent of Total column should total 100 percent.

| Year | Age | Rating (1-10) | Notes                                                                |
|------|-----|---------------|----------------------------------------------------------------------|
| 1959 | 0   | 10            | I'm Alive! <sup>11</sup> ✓                                           |
| 60   | 1   | 9             |                                                                      |
| 61   | 2   | 7             | I have a sister now so I don't get all the attention <sup>11</sup> ✓ |
| 62   | 3   | 7             |                                                                      |
| 63   | 4   | 7             |                                                                      |
| 64   | 5   | 7             |                                                                      |
| 65   | 6   | 7             |                                                                      |
| 66   | 7   | 6             | I'm not good at sports but want to be                                |
| 67   | 8   | 6             |                                                                      |
| 68   | 9   | 6             |                                                                      |
| 69   | 10  | 10            | I worked hard at sports and am the King of the playground!           |
| 70   | 11  | 9             |                                                                      |
| 71   | 12  | 8             |                                                                      |
| 72   | 13  | 7             |                                                                      |
| 73   | 14  | 7             |                                                                      |
| 74   | 15  | 6             | High School <sup>1111</sup>                                          |
| 75   | 16  | 6             |                                                                      |
| 76   | 17  | 6             |                                                                      |
| 77   | 18  | 7             | H.S. Graduation<br>College                                           |
| 78   | 19  | 7             |                                                                      |

| Score Range          | Number of Years | Percent of Total |
|----------------------|-----------------|------------------|
| 8 - 10 (Very happy)  |                 |                  |
| 4 - 7 (Neutral)      |                 |                  |
| 1 - 3 (Very unhappy) |                 |                  |
| Total                |                 |                  |

Page 1 of 3

## Happiness Index

### Instructions:

- Fill in the years starting with your year of birth and ending with the current year.
- Complete the age column starting with zero in your year of birth. You may need additional sheets depending on your age.
- Rate each year using a 1 to 10 scale, where 10 is the happiest you can imagine being and 1 the unhappiest. Guess for the first few years ☺
- When completed with your ratings, count the number of years corresponding to each rating grouping and enter them in the appropriate row. Add them all together and enter in the total row. That total should be one year more than your age if you have already had your birthday this year (if not it will be your age).
- Compute Percent of Total for each Score Range Number of Years grouping and enter in the corresponding row (divide the Number of Years by the Total and round to the nearest whole percent). The Percent of Total column should total 100 percent.

| Year | Age | Rating (1-10) | Notes                                      |
|------|-----|---------------|--------------------------------------------|
| 1979 | 20  | 9             | Met My Spouse!!! AA ✓                      |
| 80   | 21  | 5             | Booted around too much last yr - catch up. |
| 81   | 22  | 8             | College Graduation - First Real Job - GPA. |
| 82   | 23  | 6             | Hard Work - Kids - Spouse Working Too      |
| 83   | 24  | 5             |                                            |
| 84   | 25  | 5             |                                            |
| 85   | 26  | 4             |                                            |
| 86   | 27  | 4             |                                            |
| 87   | 28  | 5             |                                            |
| 88   | 29  | 8             | Big Pay Raise - Promo                      |
| 89   | 30  | 7             | Long Work hours                            |
| 90   | 31  | 6             |                                            |
| 91   | 32  | 6             |                                            |
| 92   | 33  | 6             |                                            |
| 93   | 34  | 6             |                                            |
| 94   | 35  | 6             |                                            |
| 95   | 36  | 5             |                                            |
| 96   | 37  | 5             |                                            |
| 97   | 38  | 5             |                                            |
| 98   | 39  | 5             |                                            |

| Score Range          | Number of Years | Percent of Total |
|----------------------|-----------------|------------------|
| 8 - 10 (Very happy)  |                 |                  |
| 4 - 7 (Neutral)      |                 |                  |
| 1 - 3 (Very unhappy) |                 |                  |
| Total                |                 |                  |

Page 2 of 3

## Happiness Index

### Instructions:

- Fill in the years starting with your year of birth and ending with the current year.
- Complete the age column starting with zero in your year of birth. You may need additional sheets depending on your age.
- Rate each year using a 1 to 10 scale, where 10 is the happiest you can imagine being and 1 the unhappiest. Guess for the first few years 😊
- When completed with your ratings, count the number of years corresponding to each rating grouping and enter them in the appropriate row. Add them all together and enter in the total row. That total should be one year more than your age if you have already had your birthday this year (if not it will be your age).
- Compute Percent of Total for each Score Range Number of Years grouping and enter in the corresponding row (divide the Number of Years by the Total and round to the nearest whole percent). The Percent of Total column should total 100 percent.

| Year | Age | Rating (1-10)                      | Notes                                        |
|------|-----|------------------------------------|----------------------------------------------|
| 1999 | 40  | 5                                  | Getting Old(er) - Really dis like job.       |
| 2000 | 41  | 4                                  | Moving to FL seemed like a good idea.        |
| 01   | 42  | 2                                  |                                              |
| 02   | 43  | 3                                  |                                              |
| 03   | 44  | 5                                  |                                              |
| 04   | 45  | 4                                  |                                              |
| 05   | 46  | 4                                  |                                              |
| 06   | 47  | 4                                  |                                              |
| 07   | 48  | 6                                  | Back to It - Working toward early retirement |
| 08   | 49  | 5                                  |                                              |
| 09   | 50  | 6                                  |                                              |
| 10   | 51  | 5                                  |                                              |
| 11   | 52  | 5                                  |                                              |
| 12   | 53  | 5                                  |                                              |
| 13   | 54  | 3                                  |                                              |
| 14   | 55  | 3                                  |                                              |
| 15   | 56  | 7                                  | Retire to determine what's next              |
| 16   | 57  | 6                                  |                                              |
| 17   | 58  | To Early to Tell - looking like 8+ |                                              |

| Score Range          | Number of Years | Percent of Total    |
|----------------------|-----------------|---------------------|
| 8 - 10 (Very happy)  | 8               | 14%                 |
| 4 - 7 (Neutral)      | 47              | <del>100%</del> 79% |
| 1 - 3 (Very unhappy) | 4               | 7%                  |
| <b>Total</b>         | <b>59</b>       | <b>100%</b>         |



## Potential PLAY Activities

### Pray

ACTS

Kelly Prayer Process

Standard Prayers

Rosary

When have a decision to make

Church on Sunday

### Learn

Big topics of debate - Research to find truth and solidify my position.

How to become a better writer.

How to use social media to get messages out.

Re-read the Bible.

### Act

Write a book.

Develop a web-site to support the book.

Create an organization to support the book + mission.

Write every day.

### Youthify

Exercise Daily - Variety to keep interesting

Play tennis

Play Drums in cover band

Floss daily

Eat less sugar

Sunday, April 2, 2017 -

Saturday, April 8, 2017

April 2017

May 2017

| S  | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1  | 1  | 2  | 3  | 4  | 5  | 6  |    |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | 1  | 2  | 3  |
|    |    |    |    |    |    | 30 |    |    |    |    |    |    |    |

|              | 2 Sunday             | 3 Monday | 4 Tuesday      | 5 Wednesday   | 6 Thursday      | 7 Friday | 8 Saturday |
|--------------|----------------------|----------|----------------|---------------|-----------------|----------|------------|
| 6 AM         |                      | P 15min  | P 5min         | P 15min       | P 15min         | P 15min  | E          |
| 7 AM         |                      | E        | E              | E             | E               | E        | E          |
| 8 AM         | Church + Day of Rest | L 1hr    | L .5           | L Read 1      | L 1             | L 1      | L 1        |
| 9 AM         |                      | E        | A Book Writing | A Book        | A               | A        | A          |
| 10 AM        |                      | A write  | 4 1/2          | 3             | 3               | 3        | 3          |
| 11 AM        |                      | 3        |                |               |                 |          |            |
| 12 PM        |                      |          |                | Y Dog walk 1  | Y Dogs 1        | Y 1      | Y 1        |
| 1 PM         |                      | E        | E              | E             | E               | E        | E          |
| 2 PM         |                      | A 1      | P 20min        | P Adoration 1 | Y Gym 105 2     | Y 1 1/2  | Y 2        |
| 3 PM         |                      | Y Gym 1  | Y Dog walk 1   | A 1           |                 |          |            |
| 4 PM         |                      | E 1      | 2              | Y Drums 1     | E               | E        | E          |
| 5 PM         |                      | A        | Y Gym 1 1/2    | E             | 2 1/2           | 3        | P Church 1 |
| 6 PM         |                      | 4 1/2    | E              | Y .5 Core     |                 |          | E          |
| 7 PM         |                      |          | E              | Y Gym 1       | Band Practice 2 | E        |            |
| 8 PM         |                      | E        | A 1            | E             |                 |          |            |
| 9 PM         |                      |          |                |               |                 |          |            |
| 10 PM        |                      | P 15min  | P 5min         | P 15min       | P 15min         | P 15min  |            |
| Total PLAY = |                      | 11       | 11             | 10            | 17              | 10       | 8          |

**PLAYtime Tracker**  
 Week of April 2, 2017  
 (Record hours in boxes below)

| Category           | M   | T   | W   | T   | F   | S  | Total | Average* | Goal |
|--------------------|-----|-----|-----|-----|-----|----|-------|----------|------|
| Pray               | .5  | .5  | 1.5 | .5  | .5  | 1  | 4.5   | .5       | 1    |
| Learn              | 1   | .5  | 1   | 1   | 1   | 1  | 5.5   | 1        | 2    |
| Act                | 8.5 | 7.5 | 4   | 5.5 | 6   | 3  | 34.5  | 6        | 8    |
| Youthify           | 1   | 2.5 | 3.5 | 5   | 2.5 | 3  | 17.5  | 3        | 2    |
| <b>Total PLAY</b>  | 11  | 11  | 10  | 12  | 10  | 8  | 62    | 10.5     | 13   |
| Everything Else    | 5   | 5   | 6   | 4   | 6   | 8  | 34    | 5.5      | 3    |
| <b>Total Awake</b> | 16  | 16  | 16  | 16  | 16  | 16 | 96    | 16       | 16   |
| Rest               | 8   | 8   | 8   | 8   | 8   | 8  | 48    | 8        | 8    |
| <b>Total</b>       | 24  | 24  | 24  | 24  | 24  | 24 | 144   | 24       | 24   |

\* Calculate the average by dividing the weekly total in each category by 6. Round up or down to the nearest half hour. The initial weekly average can be used as your daily baseline. Select a goal for each category based on how you would like to spend your time in the upcoming week.

### PLAY Plan Options

|                 | What                                                                                                                                                                                                                                                                                             | When                                                                                                                                                                                                                                                                                   | Where                                                                                                                                                              | How                                                                                                                                                                                                                                                     |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pray</b>     | <ul style="list-style-type: none"> <li>• General</li> <li>• Standard prayers</li> <li>• Devotionals</li> <li>• Novenas</li> <li>• Daily Mass</li> <li>• Weekly Mass</li> <li>• Reconciliation</li> <li>• Adoration</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>• When wake up</li> <li>• Before bed</li> <li>• Before meals</li> <li>• Set times</li> <li>• Hourly</li> <li>• In big moments</li> <li>• Decision making</li> <li>• Help/Strength</li> <li>• Petition/Intention</li> <li>• Thank You</li> </ul> | <ul style="list-style-type: none"> <li>• Home</li> <li>• Church</li> <li>• Car</li> <li>• Work</li> <li>• School</li> <li>• Library</li> <li>• Anywhere</li> </ul> | <ul style="list-style-type: none"> <li>• ACTS Formula</li> <li>• Daily Examen</li> <li>• Kelly Prayer Process</li> <li>• Read</li> <li>• Memorize</li> <li>• Apps</li> <li>• Individually</li> <li>• Family</li> <li>• Group</li> </ul>                 |
| <b>Learn</b>    | <ul style="list-style-type: none"> <li>• Bible study</li> <li>• Religion</li> <li>• School</li> <li>• Job/Career</li> <li>• Interests</li> <li>• Hobbies</li> <li>• Truth seeking</li> </ul>                                                                                                     | Schedule a <u>standard daily time</u>                                                                                                                                                                                                                                                  | Same as above                                                                                                                                                      | <ul style="list-style-type: none"> <li>• Books</li> <li>• Classes</li> <li>• You Tube</li> <li>• Think for self</li> <li>• 10 ideas daily</li> <li>• Research</li> <li>• Create something</li> <li>• TV</li> <li>• Radio</li> <li>• Internet</li> </ul> |
| <b>Act</b>      | <ul style="list-style-type: none"> <li>• School</li> <li>• Job - <i>write</i></li> <li>• Home</li> <li>• Church</li> <li>• Volunteering</li> <li>• Networking</li> </ul>                                                                                                                         | As scheduled                                                                                                                                                                                                                                                                           | Determine based on specific activity                                                                                                                               | Determine based on specific activity                                                                                                                                                                                                                    |
| <b>Youthify</b> | <ul style="list-style-type: none"> <li>• Exercise</li> <li>• Healthy diet</li> <li>• Drink water</li> <li>• Floss</li> <li>• Sunscreen</li> <li>• Hobbies - <i>Drums</i></li> <li>• Sports - <i>Tennis</i></li> <li>• Games</li> <li>• Friendships - <i>band</i></li> <li>• walk Dogs</li> </ul> | Schedule standard daily times                                                                                                                                                                                                                                                          | Determine based on specific activity                                                                                                                               | <ul style="list-style-type: none"> <li>• Classes</li> <li>• Videos</li> <li>• Apps</li> <li>• Endless options</li> <li>• Find your fun</li> <li>• Add variety to keep it interesting</li> </ul>                                                         |

PLAYground Activity Tracker  
 Week of April 2, 2017

| Category | What                   | When    | Where   | How     | Time                      | M | T            | W | T | F | S |
|----------|------------------------|---------|---------|---------|---------------------------|---|--------------|---|---|---|---|
| Pray     | ACTS - Morning Prayer  | AM      | Home    | ACTS    | <del>15min</del><br>15min | X | X            | X | X | X |   |
|          | Rosary                 | Noon    | ✓       | App     | 20min                     |   |              |   |   |   |   |
|          | Adoration              | Wed 1pm | Church  | Silence | 1hr                       |   |              | X |   |   |   |
|          | Church                 | Sunday  | ✓       | Listen  | 1hr                       |   |              |   |   |   | X |
|          | Bedtime Prayer         | Bed     | Home    | Examen  | 15min                     | X | X            | X | X | X |   |
| Learn    | Book Reading           | 7AM     | Home    | Read    | 1hr                       | X | <del>X</del> | X | X | X | X |
|          |                        |         |         |         |                           |   |              |   |   |   |   |
| Act      | Write Book             | 8-10AM  | Study   | FOCUS!  | 3hr                       | X | X            | X | X | X | X |
|          |                        | 3-6PM   | ↓       | ↓       | 3hr                       | X | X            |   |   | X |   |
|          | Saint Builder Planning | 2-3PM   | ✓       | ✓       | 1hr                       | X | X            | X |   |   |   |
|          | Book Research          | 4-5PM   | ✓       | ✓       | 1hr                       | X |              |   | X | X |   |
|          |                        |         |         |         |                           |   |              |   |   |   |   |
| Youthify | Dog Walk               | 11-12   | Park    | Run     | 1hr                       | X | X            | X | X | X | X |
|          | Exercise               | 1-2     | Gym     | Various | 1hr                       | X | X            | X | X | X | X |
|          | Drums                  | TBD     | Home    | App     | 30min                     |   |              | X | X |   |   |
|          | Band                   | WedTh   | Steve's | -       | 2hr                       |   |              |   | X |   |   |

oops!

X = done

**Flying V Tracker - Virtues**  
 Week of April 2, 2017

| Virtues              | Definitions & Descriptors                                                                                                                                        | M | T | W  | T  | F | S | Total |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|----|----|---|---|-------|
| <b>Humility</b>      | Modest opinion of one's own importance. Humble, respectful, servile, deferential.                                                                                |   |   | 3  | 3  |   |   | 6     |
| <b>Charity</b>       | Voluntary giving of help to those in need. Alms-giving, benevolent, tolerant, compassionate.                                                                     |   |   | 1  |    |   | 3 | 4     |
| <b>Kindness</b>      | The quality of being friendly, generous, and considerate. Friendly, generous, considerate, caring.                                                               |   | 2 | 3  | 2  |   | 4 | 11    |
| <b>Patience</b>      | The capacity to endure pain, difficulty, provocation, or annoyance with calmness. Tolerant, restrained, composed, indulgent, resolute, strong, serene, enduring. | 3 | 3 |    | 3  | 1 | 1 | 11    |
| <b>Chastity</b>      | The state or quality of being chaste; moral purity. Celibate, pure, innocent, abstinent, virtuous.                                                               |   |   |    |    |   |   | 0     |
| <b>Temperance</b>    | Self-restraint in action. Self-controlled, self-disciplined, abstinent, moderate.                                                                                |   |   | 1  |    | 3 |   | 4     |
| <b>Diligence</b>     | Careful and persistent work or effort. Conscientious, dedicated, committed, tenacious.                                                                           | 3 | 3 | 3  | 3  | 3 |   | 15    |
| <b>Total Virtues</b> | Total of virtue scores.                                                                                                                                          | 6 | 8 | 11 | 11 | 7 | 8 | 51    |

**Flying V Tracker - Vices**  
 Week of April 2, 2017

| Vices              | Definitions & Descriptors                                                                                                                                                                  | M | T | W | T | F | S  | Total |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|----|-------|
| <b>Pride</b>       | An excessively high opinion of oneself. Vain, arrogant, conceited, smug, egotistical, considering oneself to be superior.                                                                  |   |   | 1 | 2 |   | 2  | 5     |
| <b>Greed</b>       | Extreme greed for wealth or material gain. Greedy, covetous, materialistic.                                                                                                                |   | 1 |   |   | 1 | 1  | 3     |
| <b>Envy</b>        | A feeling of discontent or resentment aroused by a desire for someone else's possessions, abilities, status, or situation. Jealous, covetous, resentful, bitter, discontented, begrudging. |   | 1 |   | 1 |   |    | 2     |
| <b>Wrath</b>       | Angry, violent, or stern indignation. Angry, furious, outraged, annoyed, irritated, irate, mad.                                                                                            |   |   |   |   | 3 |    | 3     |
| <b>Lust</b>        | An inordinate craving for the pleasures of the body. Intensely desirous, passionate, full of yearning, longing, lascivious.                                                                |   |   |   |   |   |    | 0     |
| <b>Gluttony</b>    | An inordinate desire to consume more than what one requires. Insatiable, voracious, rapacious, piggish.                                                                                    | 3 | 1 |   |   |   | 3  | 7     |
| <b>Sloth</b>       | Reluctance to work or make an effort. Lazy, idle, inactive, inert, sluggish, shiftless, apathetic, listless, lethargic.                                                                    |   | 3 | 1 |   |   | 3  | 7     |
| <b>Total Vices</b> | Total of vice scores.                                                                                                                                                                      | 3 | 6 | 2 | 3 | 4 | 9  | 27    |
| <b>Net Score</b>   | Subtract total vices from total virtues.                                                                                                                                                   | 3 | 2 | 9 | 8 | 3 | -1 | 24    |

**Saintball Scorecard**  
 Week of April 2, 2017

|         | PLAYtime   |            |              |
|---------|------------|------------|--------------|
|         | PLAY Hours | Goal Hours | Saint Points |
| Mon     | 11         | 13         | 42           |
| Tue     | 11         | 13         | 42           |
| Wed     | 10         | 13         | 38           |
| Thurs   | 12         | 13         | 46           |
| Fri     | 10         | 13         | 38           |
| Sat     | 8          | 13         | 31           |
| Total   |            |            | 238          |
| Average |            |            | 40           |

| V's       |               |
|-----------|---------------|
| Net Score | Saints Points |
| 3         | 30            |
| 2         | 30            |
| 9         | 40            |
| 8         | 40            |
| 3         | 30            |
| -1        | 20            |
|           | 190           |
|           | 32            |

| Saintball Score    |              |
|--------------------|--------------|
| Total Saint Points | Letter Grade |
| 72                 | C            |
| 72                 | C            |
| 79                 | C            |
| 86                 | B            |
| 68                 | D            |
| 51                 | E            |
|                    |              |
| 72                 | C            |

| V Score Range | Saint Points |
|---------------|--------------|
| > 10          | 50           |
| 6 to 10       | 40           |
| 0 to 5        | 30           |
| -1 to -5      | 20           |
| -6 to -10     | 10           |
| < -10         | 0            |

| Saint Points Table | Letter Grade |
|--------------------|--------------|
| 91 to 100          | A            |
| 81 to 90           | B            |
| 71 to 80           | C            |
| 61 to 70           | D            |
| 51 to 60           | E            |
| 50 or less         | F            |

**Instructions:**

- Enter daily PLAY and Goal hours from the PLAYtime Tracker.
- Compute PLAYtime Saint Points by dividing PLAY hours by Goal hours and multiplying the result by 50.
- Enter daily V net score from the Flying V Tracker.
- Look-up the net score in the V Score Range Table and enter the corresponding number of Saint Points.
- Add the PLAYtime Saint Points to the V Saint Points and enter in the Total Saint Points column for each day.
- Look-up the Total Saint Points in the Saint Points Table and enter the corresponding Letter Grade for each day.
- To compute Total Saint Points and a Letter Grade for the week, first compute an average for both PLAYtime and V points. The average is computed by totaling Saint Points for the week and dividing that total by 6. Round up to the nearest whole number. Total those points and look-up your grade.



Goal Brainstorming Worksheet  
Year 2017

Strategic Plan

Vision: Revive heaven on earth

Purpose: Strive to become a saint

Objectives: Love God and neighbors

Strategies: Do the right things in the right way

Your Mission:

To Guide, Motivate and Inspire people to strive to become saints.

What is your Holy Spirit-Inspired Life Goal?

To inspire at least 3.5 million people to become passing grade saints by the year 2025. (passing is a "C" or better average SaintBall score/grade.

Goals Brainstorm

- (A) - Write a book
- (A) - Publish the book
- (R) - Sell the book - 500 copies
- (A) - Consistently use the system yourself
- (R) - Become a passing grade saint - avg C for the year
- (A/B) - Pray daily for at least 1 hour total
- (A) - Say the Rosary daily
- (A) - Learn how to write better
- (A/B) - Take a writing course + pass (ace it)
- (A) - Research topics of interest - develop list and work through it
- (A) - Exercise daily
- (R) - Lose weight & get to your ideal weight
- (A/B) - Play drums in a Rock cover band - play out at least 1x per mo
- (A) - Read the Bible
- (A) - Read books of interest + beneficial to mission
- (R) - Play in tennis leagues and win in excess of 70% of matches

**SAINT Goal Matrix**  
 (Specific, Achievable, Important, Numeric, Timed)  
 Year 2017

|          | S                                                                                                                                                                                                                                                                                                                                                             | A | I | N | T |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|
| Pray     | <ul style="list-style-type: none"> <li>- Pray at least one hour <u>every day</u> utilizing the Rosary as a portion of each hour</li> <li>- Memorize at least ten standard prayers that are "new" to me by the end of the year</li> </ul>                                                                                                                      | x | x | x | x |
| Learn    | <ul style="list-style-type: none"> <li>- Reread the Bible by March 31, 2017</li> <li>- Find and pass a Relevant writing course by September 30, 2017</li> <li>- Complete just-in-time training on social networking and web-site development in order to launch same for book publication by Aug 31, 2017</li> </ul>                                          | x | x | x | x |
| Act      | <ul style="list-style-type: none"> <li>- Write a book about striving to become a saint and sell at least 500 copies by the year-end 2017</li> <li>- Create a web-site to support the book and attract at least 500 followers by year-end 2017</li> <li>- Form an organization to promote &amp; fulfill the saint building mission by June 30, 2017</li> </ul> | x | x | x | x |
| Youthify | <ul style="list-style-type: none"> <li>- Get to my ideal weight of 190 by July 31, 2017</li> <li>- Win 70% of tennis matches in singles leagues throughout the year</li> <li>- Play at least one band gig per month</li> </ul>                                                                                                                                | x | x | x | x |

PLAYground Activity Plan

Year 2017

|          | Goal                                                  | Activities to Achieve                                                                                                                                                     | Timeframe                                                          |
|----------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Pray     | - Pray at least 1 hour daily                          | - AM - 1 <sup>st</sup> thing 20min prayer<br>- Rosary at noon daily - 20min<br>- PM - last thing 20min prayer<br>- <u>Church</u> every Sunday<br>- Reconciliation Monthly | Everyday<br>20min x 3 =<br>1hr<br><u>1hr/week</u><br><u>1hr/mo</u> |
|          | - Memorize 10 more std prayers                        | - Choose prayers - learn one per month - Might learn 12                                                                                                                   | By YE<br>2017                                                      |
| Learn    | - Reread the Bible                                    | - See 3 month Read the Bible Plan                                                                                                                                         | by 3-31-17                                                         |
|          | - Pass Writing Course                                 | - Find course for first time authors (by end April)<br>- Enroll + begin (by end May)<br>- Complete (by 9-30-17)                                                           | by 9-30-17                                                         |
|          | - Do J1T website + social networking site development | - Find experts + online courses by end June<br>- Learn + apply by end July                                                                                                | launch sites<br>by 8-31-17                                         |
| Act      | - Write Saint Book + Sell 500 copies                  | - Write daily, complete by May<br>- Editing in June - use expert<br>- Publish thru Create Space - Fine tune in July                                                       | Publish<br>by 8-31-17<br>Sell by YE                                |
|          | - Create web-site + attract 500 followers             | - Create site to launch w/ Book<br>- Market site with social sites                                                                                                        | Launch by<br>8-15-17                                               |
|          | - Form Organization                                   | - Create name + file legal docs<br>- Use name on marketing material                                                                                                       | By 6-30-17                                                         |
| Youthify | - Weigh 190 or less                                   | - Exercise Daily<br>- Restrict Carbs                                                                                                                                      | By 7-31-17                                                         |
|          | - Win 70% Tennis matches                              | - Join league (singles) all sessions<br>- Practice 3x per week                                                                                                            | Full Yr                                                            |
|          | - Play 1 band gig per month                           | - Join Band<br>- Practice<br>- Promote Band                                                                                                                               | Full Yr<br>@ least<br>12 gigs                                      |

What Should I Journal  
Week of April 2, 2017

What should I keep doing?

- Smiling
- Listening - focusing on others first
- Asking questions - to learn about others & how I might be able to help
- Writing

What should I stop doing?

- Watching TV
- Eating junk

What should I do differently?

- Get out more to meet people face-to-face

What should I start doing?

- Writing thank you letters to people who have positively impacted my life

Life Plan Template

Name Scott Froyer

Strategic Plan

Vision: Revive heaven on earth

Purpose: Strive to become a saint

Objectives: Love God and neighbors

Strategies: Do the right things in the right way

Your Mission:

To Guide, Motivate and Inspire people to strive to become saints

Your Holy Spirit-Inspired Life Goal:

To inspire at least 3.5 million people to become passing grade saints by the year 2025.

Annual Plan (12 Months) 2017

|          | Goals                        | Activities to Achieve                    | Timeframe                 |
|----------|------------------------------|------------------------------------------|---------------------------|
| Pray     | Pray 1 hour daily            | - AM, Rosary, PM, Church, Reconciliation | Every Day                 |
|          | Memorize 10 more std prayers | - Pick + learn one per month             | By YE 2017                |
| Learn    | Reread Bible                 | - Follow 3 mo plan                       | by 3-31-17                |
|          | Writing Course               | - Find and complete                      | by 9-30-17                |
|          | Website + social sites       | - Learn + Apply                          | 7-31-17/<br>by Aug launch |
| Act      | Write + Sell Book (\$500)    | - Write / Edit / Publish by 8-31-17      | Sell by YE                |
|          | Create Website               | - Develop in line w/ Book                | launch in Aug             |
|          | Form Organization            | - Name + incorporate                     | by 6-30-17                |
| Youthify | Weigh 190 or less            | - Exercise + Diet                        | by 7-31-17                |
|          | Win 70% Tennis Matches       | - Practice + Play leagues                | Throughout YE             |
|          | Play 2 Band gigs/mo          | - Practice, Promote + Play               | - 12 gigs min             |

Your signature SF

Date 12-31-16

Witness signature \_\_\_\_\_

Date \_\_\_\_\_

# PERSONAL - COMPLETE ON YOUR OWN

Scott Froyen

## My Story Builder Questionnaire

### Basics

Where were you born? \_\_\_\_\_

Where did you grow up? \_\_\_\_\_

What are the names of your close family members (parents, grandparents, siblings, other influential family)? \_\_\_\_\_

Spouse name? \_\_\_\_\_

Children? \_\_\_\_\_

Children's spouses? \_\_\_\_\_

Grandchildren? \_\_\_\_\_

Where have you lived? \_\_\_\_\_

Where do you live now? \_\_\_\_\_

### Journey to date

What schools have you attended? \_\_\_\_\_

What degrees and certifications do you have? \_\_\_\_\_

What are your main interests? \_\_\_\_\_

What were your childhood dreams? \_\_\_\_\_

Who have been the key Influencers in your life (family, friends, teachers, coaches, coworkers)? \_\_\_\_\_

What jobs have you had? \_\_\_\_\_

What do you do for a living now? \_\_\_\_\_

### Moments of Truth

Plot your journey to date on the Happiness Index.

What have been your best decisions? \_\_\_\_\_

What have been your greatest accomplishments? \_\_\_\_\_

What are your best memories? \_\_\_\_\_

Worst decisions? \_\_\_\_\_

# PERSONAL - COMPLETE ON YOUR OWN

## Lessons Learned

What have you done well? \_\_\_\_\_

\_\_\_\_\_

What do wish you would have done differently? \_\_\_\_\_

\_\_\_\_\_

What advice do you have for others (do's, don'ts, keys to success, etc.)? \_\_\_\_\_

\_\_\_\_\_

## Favorites

Books \_\_\_\_\_

\_\_\_\_\_

Quotes \_\_\_\_\_

\_\_\_\_\_

Songs \_\_\_\_\_

\_\_\_\_\_

Movies \_\_\_\_\_

\_\_\_\_\_

Sports/Teams \_\_\_\_\_

\_\_\_\_\_

Travel locations \_\_\_\_\_

\_\_\_\_\_

Bands \_\_\_\_\_

\_\_\_\_\_

Hobbies \_\_\_\_\_

\_\_\_\_\_

Stories \_\_\_\_\_

\_\_\_\_\_

Photos (Put together a collection)

Memorabilia (Note items and locations. Take photos)

## Testimonial's

What would you like others to say about you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you think others would actually say about you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PERSONAL - COMPLETE ON YOUR OWN

## My U-logy Template

Introduction Scott Kroger chose to live a life that mattered. He/she loved God and neighbors, and spread his/her joy by always striving to do the right things in the right way. His/her mission in life was to \_\_\_\_\_.  
He/she did this honorably and humbly, never seeking any recognition. Seeing the positive difference he/she made in the lives of others was reward enough. I trust that \_\_\_\_\_ has been allowed entrance through the pearly gates and will live eternally in heaven as the saint he/she was on earth.

### Specifics

\_\_\_\_\_ was born on \_\_\_\_\_ in \_\_\_\_\_.

His/her parents were \_\_\_\_\_.

He/she was their \_\_\_\_\_ child. Siblings include \_\_\_\_\_.

He/she lived in the following places: \_\_\_\_\_.

School History \_\_\_\_\_.

Work History \_\_\_\_\_.

He/She met his/her spouse \_\_\_\_\_ at \_\_\_\_\_.

and were married on \_\_\_\_\_ in \_\_\_\_\_.

They have \_\_\_\_\_ children, \_\_\_\_\_.

and \_\_\_\_\_ grandchildren, \_\_\_\_\_.

He/she had many interests, including \_\_\_\_\_.

and supported many organizations and causes, such as \_\_\_\_\_.

He/she had many fond memories, including \_\_\_\_\_.

His/her favorite music, books, and movies were \_\_\_\_\_.

His/her advice for us all is \_\_\_\_\_.

He/she will be deeply missed for his/her always positive attitude, \_\_\_\_\_.

He/she thanks you all for being a part of his/her earthly life and urges you to continue to live out your individual missions in the hope that through God's grace we might all live out eternity together.