

Super Reserve Program: Getting More Than You Need Is The First Step To Sustainable Success

Wise people have a reserve of things—such as time, money, supplies, capacity, love, people, opportunities, etc. But a really wise person builds a Super Reserve of such things. What's the difference between a reserve and a Super Reserve? With a Super Reserve you don't just have more than enough—you have more than enough so that your mind is freed up to focus on more creative and productive pursuits than mere survival. Remember, we are all programmed for first and foremost survival—not to prosper. So, the Super Reserve process is more than conspicuous consumption or a Fort Knox type of stockpiling. Rather, it is the responsible, wise thing to do if you want to make the most of what you have. An inordinate amount of our personal energy/bandwidth is spent being concerned about surviving. A Super Reserve quiets that fear and provides us with enough resources to be our best.

_____ **Your Score**

1. Home & Comfort

- My home has plenty of extra room
- I have 2x as much storage as I need
- I never run out of clean clothes
- I have cozy sheets and bedding
- I receive plenty of physical touch
- My home is always clean and orderly
- My home has plenty of heat/a/c
- I have plenty of eating/kitchen stuff
- I have a special place to curl up
- I like every room in my house

_____ **Section score**

2. Car & Vehicles

- I have high quality jumper cables
- I have AAA Plus or similar service
- I have a cell phone handy if needed
- I have \$100 hidden in my car
- I fill up before reaching 1/4 tank
- My car's battery is super-strong
- My car accelerates fast when needed
- My car has antilock brakes/airbags
- My car is rated 'safe' in collisions
- I have flares/blanket/water/spare

_____ **Section score**

3. Financial

- I have \$25,000 in savings/money mkt
- I pay my bills early
- Most bills are paid electronically
- I can do wire transfer by phone/PC
- I have \$500 in extra cash at home
- I have no credit card debt
- I invest 5%/year to develop myself
- 25% of my income is passive
- I am properly compensated at work
- I am on a clear Fin. Independence track

_____ **Section score**

4. Safety & Care

- I know what to do if I am mugged
- I stay away from places that scare me
- I avoid people who will drain me
- I have plenty of smoke detectors
- I always use seatbelts

- My home has deadbolts/alarm
- My car has a remote entry system/fob
- My investments don't worry me
- I practice safe sex (unless monogamous)

_____ **Section score**

5. Energy & Vitality

- My cholesterol count is healthy
- I am not tired; I get plenty of sleep
- I eat very healthful, fresh foods
- I drink 8 glasses of water, daily
- I exercise 3 times per week
- I have eliminated stress
- I take at least 4 vacations a year
- I have something to look forward to each morning
- I have something to look forward to each evening
- I don't use caffeine or drugs

_____ **Section score**

6. Opportunity & Skills

- I am online/have Web access
- I have my own web page/website
- I am extremely confident; no fear
- I have 2-3 years worth of interesting work/projects lined up
- I ask for more than I need at work
- I have incredibly good judgment
- I have developed a special skill-set or knowledge that is in high demand
- I am part of a successful network
- I invest in my skills and network
- I can take an idea and leverage it

_____ **Section score**

7. Space & Time

- I am always 10 minutes early
- I always under-promise always
- I easily say no, even if tempted
- I end the day quietly; no TV
- I always let cars 'squeeze in'
- I have an assistant to handle personal or business stuff I'd rather not
- I don't speed when driving

- I always keep 1-2 free hours a day
- Nothing in life is draining me
- I don't jump at every opportunity

_____ **Section score**

8. Calamity Protection

- I have a 12v flashlight plugged in car
- I back up my computer weekly
- I store backups offsite, monthly
- I have a second ISP when needed
- I have a list of credit cards/acct #'s
- I have photocopies of driver's license passport, SS card, birth certificate
- My will is current and accessible
- I have ample medical insurance
- I have ample car/home/liab coverage
- If I die, my family is financially okay

_____ **Section score**

9. Supplies & Equipment

- I have six month's of toilet paper
- I have year's worth of postage
- I have year's worth of detergents
- I have 2 years worth of vacuum bags
- I have month's worth of underwear
- I have 56K, ISDN or cable ISP access
- Computer has min 5 gigs of storage
- My computer is faster than I need
- My tools are of the best quality
- I use an ergonomic keyboard

_____ **Section score**

10. Relationships

- My children show their love
- My spouse shows his/her love
- My attorney is super-sharp
- I treat everyone with great respect
- I have no bad relationships
- I know who to call for any problem
- I have someone I can share anything with and ask for personal help
- I know 5 very successful people
- My emotional needs are fully met
- I have a relationship with God/Being

_____ **Section score**

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