



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.

Home & Comfort

1. **Number of circles checked (10 max)** _____

- My home has plenty of extra room

- I have two times as much storage as I need

- I do not run out of clean clothes

- I have cozy sheets and beddings

- I receive plenty of physical touch

- My home is always clean and orderly

- My home has plenty of heat/ air conditioning

- I have plenty of eating/kitchen stuff

- I have a special place to curl up

- I like every room in my house

Financial

3. **Number of circles checked (10 max)** _____

- I have \$25,000 in savings/money market

- 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 financial independence track

Car & Vehicles

2. **Number of circles checked (10 max)** _____

- 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 ¼ 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

Safety & Care

4. **Number of circles checked (10 max)** _____

- 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)

- I am aware who is around me at all times

Energy & Vitality

5. **Number of circles checked (10 max)** _____

- My cholesterol count is healthy

- I am not tired; I get plenty of sleep

- I eat very healthful, fresh foods

- I drink eight glasses of water, daily

- I exercise three times per week

- I have eliminated stress

- I take at least four 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

Space & Time

7. **Number of circles checked (10 max)** _____

- 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 one to two free hours a day

- Nothing in life is draining me

- I don't jump at every opportunity

Opportunity & Skills

6. **Number of circles checked (10 max)** _____

- I am online/have web access

- I have my own web page/website

- I am extremely confident; no fear

- I have 203 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

Calamity Protection

8. **Number of circles checked (10 max)** _____

- I have a 12v flashlight plugged in the 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 and account #'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/liability coverage

- If I die, my family is financially okay

Supplies & Equipment

9. **Number of circles checked (10 max)** _____

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

Relationships

10. **Number of circles checked (10 max)** _____

- 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 five very successful people _____
- My emotional needs are fully met _____
- I have relationship with God/Being _____