

Life Battery Check-list™

What Charges You Up?

What Do You Require to BE the Best YOU?

Life Battery Check-list™

What charges you up?

What has to be in place in order to be fully charged and for you to function at your very best? Below is a list of elements that may be required. We are all aware that every mortal being has a physical requirement for oxygen, food, clothing and shelter. Emotionally, beyond love and respect, each person has their own unique requirements in order to live a fully powered, highly functional life. This **Life Battery Checklist™** identifies the chargers that give you the energy and fulfillment to travel the journey towards BEing the best YOU.

This is a multi-step process. When it is complete, you will be very clear about what you require in order to keep your individual **Life Battery™** charged and power your life to the fullest.

You will notice that some of the words are very close in meaning. This is deliberate. Choose the one that most closely fits.

STEP 1: (Identify your chargers)

From the list, place a check in the Charger column next to the items that you **KNOW** are necessary to CHARGE your **Life Battery™**. This list of 175 items is not exhaustive so be creative and come up with your own requirements. There is room at the bottom.

STEP 2: (Narrow it down)

Next, evaluate the ones you have checked by rating their importance to you. On a scale of 1-3, check the column indicating importance, with #1 being the most important.

#1 Absolutely Essential	<i>(I must have this or I can't function well at all)</i>
#2 Very Important	<i>(I can function well, but not at optimum if I don't have this)</i>
#3 Important	<i>(This is important to me but not essential)</i>

When you have completed this section, it's a good time to take a break from the list

STEP 3: (Identify and prioritize Your Top 10)

Go back through the checklist and from the items you have marked as essential, pick out the top 10 and prioritize them in order of importance for you. 1-10. You may find it helpful to print a copy of the checklist or make a side list.

STEP 4: (Let's get real)

Of your Top 10, record what percentage of that need is currently being met in your life.

STEP 5: (Time to get to work!)

Your **Life Battery™** is about to get a jumpstart!

Life Battery Check-list™

What charges you up?

Required/Desired
Step 1
Charger
Step 2
#1 #2 #3
Step 3
Top Ten
Step 4
% met

<i>I need to have</i>	Abundance						
<i>I need to be ___ by others</i>	Accepted						
<i>I need to</i>	Accomplish						
<i>I need to be</i>	Accurate						
<i>I need to</i>	Achieve						
<i>I need to be ___ by others</i>	Acknowledged						
<i>I need to be ___ by others</i>	Admired						
<i>I need to be ___ by others</i>	Adored						
<i>I need to be</i>	Adventurous						
<i>I need ___ from others</i>	Affirmation						
<i>I need to have</i>	Alone Time						
<i>I need to be ___ by others</i>	Appreciated						
<i>I need to be ___ by others</i>	Approved of						
<i>I need to be ___ by others</i>	Assured						
<i>I need to have</i>	Attention						
<i>I need to have</i>	Authority						
<i>I need to be</i>	Autonomous						
<i>I need to have</i>	Balance						
<i>I need to have</i>	Beauty						
<i>I need to</i>	Believe						
<i>I need to be</i>	Brilliant						
<i>I need to be</i>	Busy						
<i>I need to be</i>	Calm						
<i>I need to be ___ by others</i>	Cared about						
<i>I need to be ___ by others</i>	Cared for						
<i>I need to be</i>	Cautious						
<i>I need to be ___ by others</i>	Celebrated						
<i>I need to be</i>	Challenged						
<i>I need to be ___ by others</i>	Cherished						
<i>I need to be</i>	Clear						
<i>I need to have</i>	Close Relationships						
<i>I need to be</i>	Comfortable						
<i>I need to be</i>	Committed						
<i>I need to have</i>	Commitments						
<i>I need a sense of</i>	Community						
<i>I have a need for</i>	Companionship						
<i>I need to be ___ by others</i>	Complimented						
<i>I need to feel</i>	Confident						
<i>I need to be</i>	Connected						

Required/Desired **Charger** #1 #2 #3 **Top Ten** % met

<i>I need to have</i>	Consistency						
<i>I need to be</i>	Consistent						
<i>I need to have</i>	Control						
<i>I need to be ___by others</i>	Controlled						
<i>I need to be</i>	Cool						
<i>I need to</i>	Create						
<i>I need to be</i>	Creative						
<i>I need to be ___by others</i>	Credited						
<i>I need to be</i>	Deliberate						
<i>I need to be ___by others</i>	Desired						
<i>I need to be</i>	Devoted						
<i>I need to</i>	Direct						
<i>I need to be</i>	Directed						
<i>I need to</i>	Do the right thing						
<i>I need to</i>	Dream						
<i>I need to be ___by others</i>	Embraced						
<i>I need to be ___by others</i>	Encouraged						
<i>I need to have</i>	Equality						
<i>I need to be ___by others</i>	Esteemed						
<i>I need to be</i>	Exact						
<i>I need to</i>	Excel						
<i>I need to have</i>	Excess						
<i>I need to be</i>	Fair						
<i>I need to have</i>	Fairness						
<i>I need to have</i>	Faith						
<i>I need to be</i>	Faithful						
<i>I need to be</i>	Forthright						
<i>I need to be</i>	Frank						
<i>I need to have</i>	Frankness						
<i>I need to be</i>	Free						
<i>I need to have</i>	Freedom						
<i>I need to be</i>	Frugal						
<i>I need to be</i>	Fulfilled						
<i>I need to have</i>	Fun						
<i>I need to be</i>	Generous						
<i>I need ___from others</i>	Gifts						
<i>I need to</i>	Give						
<i>I need to</i>	Grow						
<i>I need to have</i>	Guarantees						
<i>I need to be</i>	Guarded						

Required/Desired **Charger** #1 #2 #3 **Top Ten** % met

<i>I need to be ___ by others</i>	Heard						
<i>I have a need to ___ others</i>	Help						
<i>I need to be ___ by others</i>	Helped						
<i>I need to be ___</i>	Honest						
<i>I need ___ from others</i>	Honesty						
<i>I need to be ___ by others</i>	Honored						
<i>I need to make an</i>	Impact						
<i>I need to be ___</i>	Important						
<i>I need to ___</i>	Improve						
<i>I need to be ___ by others</i>	Included						
<i>I need to be ___</i>	Independent						
<i>I need to be ___</i>	Industrious						
<i>I need to be ___ by others</i>	Informed						
<i>I need to ___ others</i>	Inspire						
<i>I need ___ from others</i>	Inspiration						
<i>I need to ___</i>	Laugh						
<i>I need to be ___</i>	Lazy						
<i>I need to ___</i>	Learn						
<i>I need to be ___ by others</i>	Liked						
<i>I need to be ___</i>	Linear						
<i>I need to be ___ by others</i>	Listened to						
<i>I need to ___</i>	Love						
<i>I need to be ___ by others</i>	Loved						
<i>I need to be ___</i>	Loyal						
<i>I need ___ from others</i>	Loyalty						
<i>I need to have ___</i>	Luxury						
<i>I need to ___ others</i>	Mentor						
<i>I need to be ___</i>	Moral						
<i>I need to be ___ by others</i>	Needed						
<i>I need to be ___ by others</i>	Noticed						
<i>I need to be ___ by others</i>	Nurtured						
<i>I need to be ___ by others</i>	Obeyed						
<i>I need to have ___</i>	Order						
<i>I need to be ___</i>	Orderly						
<i>I need to be ___</i>	Organized						
<i>I need to have ___</i>	Peace						
<i>I need to be ___</i>	Perfect						
<i>I need to ___</i>	Perform						
<i>I need ___ from others</i>	Physical Touch						
<i>I need to ___</i>	Plan						
<i>I need to be ___</i>	Popular						
<i>I need to have ___</i>	Power						

Required/Desired **Charger** #1 #2 #3 **Top Ten** % met

<i>I need to be</i>	Powerful						
<i>I need to be ___ by others</i>	Praised						
<i>I need to</i>	Pray						
<i>I need to be</i>	Precise						
<i>I need to be ___ by others</i>	Preferred						
<i>I need to be ___ by others</i>	Prized						
<i>I need to be</i>	Prosperous						
<i>I need to be ___ by others</i>	Protected						
<i>I need to have</i>	Purpose						
<i>I need to have</i>	Quality						
<i>I need ___ with others</i>	Quality Time						
<i>I need to be</i>	Quiet						
<i>I need to be ___ by others</i>	Recognized						
<i>I need to be ___ by others</i>	Regulated						
<i>I need to be</i>	Relaxed						
<i>I need to be</i>	Relevant						
<i>I need to be ___ by others</i>	Respected						
<i>I need to be</i>	Responsible						
<i>I need to have</i>	Results						
<i>I need to be ___ by others</i>	Romanced						
<i>I need to have</i>	Safety						
<i>I need to be ___ by others</i>	Satisfied						
<i>I need to be</i>	Saved						
<i>I need to be</i>	Secure						
<i>I need to have</i>	Security						
<i>I need to be ___ by others</i>	Seen						
<i>I need to be</i>	Sequential						
<i>I need to</i>	Serve						
<i>I need to be ___ by others</i>	Served						
<i>I need to be</i>	Sincere						
<i>I need to have</i>	Sincerity						
<i>I need to be</i>	Stable						
<i>I need to have</i>	Stamina						
<i>I need to have my own</i>	Standard of living						
<i>I need to be</i>	Steady						
<i>I need to be</i>	Still						
<i>I need to be</i>	Strong						
<i>I need to have</i>	Symmetry						
<i>I need to be</i>	Tender						
<i>I need ___ from others</i>	Tenderness						

Required/Desired **Charger** #1 #2 #3 Top Ten % met

<i>I need to be __ by others</i>	Thanked						
<i>I need to be __ by others</i>	Tolerated						
<i>I need to be __ by others</i>	Treasured						
<i>I need to be __ by others</i>	Understood						
<i>I need to have</i>	Unity						
<i>I need to be __ by others</i>	Unrestricted						
<i>I need to be</i>	Useful						
<i>I need to be __ by others</i>	Validated						
<i>I need to be __ by others</i>	Valued						
<i>I need to have</i>	Victory						
<i>I need to be</i>	Vigilant						
<i>I need to be</i>	Visible						
<i>I need to</i>	Win						
<i>I need to be</i>	Worthy						

Please list your Top 10 Chargers in order of priority (#1 is lowest, #10 is highest) with % of current charge:

1. _____ % current charge _____
2. _____ % current charge _____
3. _____ % current charge _____
4. _____ % current charge _____
5. _____ % current charge _____
6. _____ % current charge _____
7. _____ % current charge _____
8. _____ % current charge _____
9. _____ % current charge _____
10. _____ % current charge _____

STEP 5:

Choose three chargers from your Top 10 List above with the LOWEST % numbers and answer the following questions:

Example: If you have a high need for accomplishment that is not being met, you might answer this way:

When fully charged, I will feel that my work has a high value and there is a good reason to make me want to get to the office each day.

When fully charged, it will impact my life with my family and co-workers because I will feel more satisfied with myself and my contributions.

I receive a partial charge from my job, as I am able to earn a good income and provide for my family.

I want this charge from having a career that is more meaningful and one where my strengths can be utilized.

I am not being charged because my current job is very limiting. Anybody could do it

#1 _____

✎ When fully charged, I will feel _____

✎ When fully charged, it will impact _____

✎ I received a partial charge from _____

✎ I want this charge from _____

✎ I am not being charged because _____

#2 _____

✎ When fully charged, I will feel _____

✎ When fully charged, it will impact _____

✎ I received a partial charge from _____

✎ I want this charge from _____

✎ I am not being charged because _____

#3 _____

- ✎ When fully charged, I will feel _____
- ✎ When fully charged, it will impact _____
- ✎ I received a partial charge from _____
- ✎ I want this charge from _____
- ✎ I am not being charged because _____

STEP 6:

Now that you know what it takes to live your life to the fullest, it's time to get moving toward fulfilling your purpose to keep your Life Battery™ charged for LIFE!

It's easy to get discouraged when life isn't working but all it takes is one small spark to jumpstart a battery! Where will you find your spark today?

Who in your inner circle would benefit the most if you shared this information with them?

If you need a jumpstart, I'm a phone call away.

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