FORM — A

Justwyn Model: Defining The Objective

| | LIFE OE | BJECTIVE | |
|---------|---------|----------|--|
| | | | |
| | | | |
| Talent: | | | |

Appendix — Form A

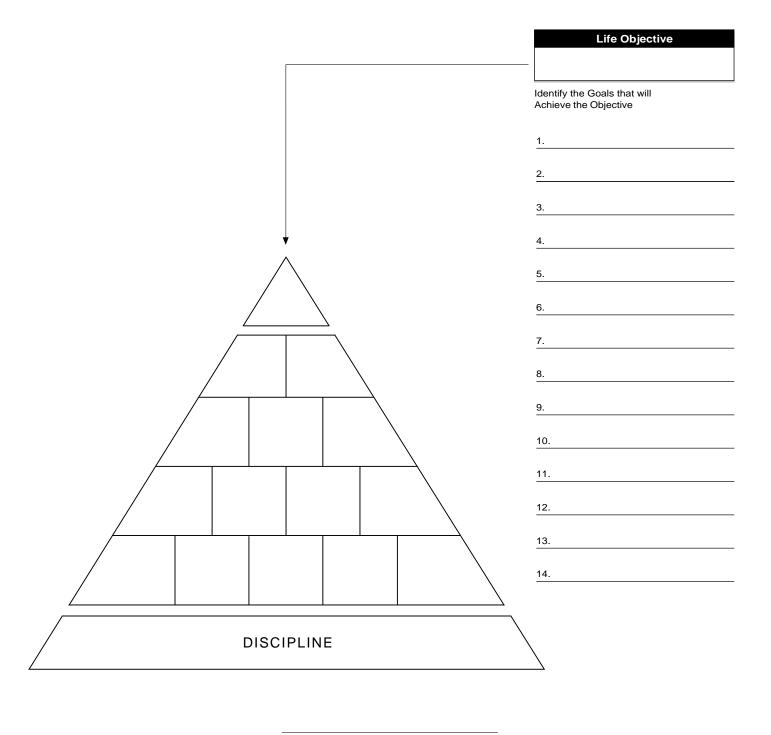
FORM — B

SWOT Analysis Strengths / Talents Weaknesses Opportunities **Threats**

Appendix — Form B

FORM — C

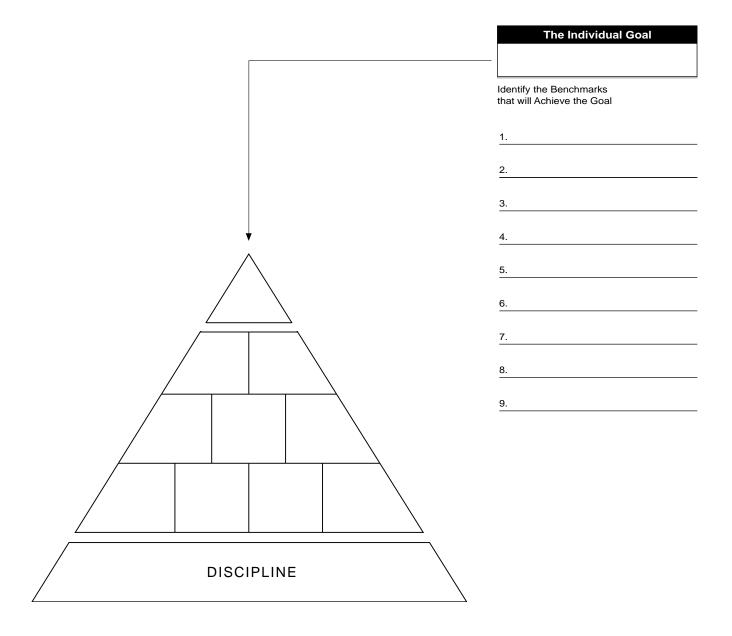
Justwyn Model: Goal Planning



Appendix — Form C

FORM — D

Justwyn Model: Benchmark (Sub-Goal) Planning



Appendix — Form C

FORM — E

Personal Character Assessment

Select the answer that best describes your character

| Physical Character Assessment: | Very Much So | Not Very Much So | Educational Character Assessment: | Very Much So | | Not \ Much | |
|-------------------------------------|-----------------|---------------------|---|-----------------|---|---------------|---|
| Are you physically in-shape | | | Is your knowledge well-rounded | | | |] |
| Are you in control of your weight | | | Do you read regularly | | | | |
| Do you eat a proper diet | | | Are you a good listener | | | | |
| Are you physically healthy | | | Can you comprehend subjects | | | |] |
| Other | | | Other | | | | |
| Other | | | Other | | | |] |
| Social Character Assessment: | Very Much So | Not Very Much So | Spiritual Character Assessment: | Very Much So | | Not \ Much | |
| Are you a friendly, likeable person | | | Are you honest | | | | |
| Is your personality balanced | | | Are you charitable | | | |] |
| Do you like yourself | | | Are you humble | | | | |
| Are you fun to be with | | | Are you patient, not quick to anger | | | |] |
| Other | | | Other | | | |] |
| Other | | | Other | | | |] |
| list | - | • | sonal character assessment, ould like to see in your character | | | | |
| Physical Changes | | | | | - | | |
| Educational Changes | | | | | - | | |
| Social Changes | | | | | - | | |
| Spiritual Changes | | | | | _ | | |

FORM — F

| Weeks: | | | | |
|-----------------------------------|-------------|--|--|--|
| ATTRIBUTE DEVELOPMENT SCHEDULE | | | | |
| Physical | | | | |
| P. Temperance | | | | |
| Education | | | | |
| Social | | | | |
| Spiritual | | | | |
| Week 1 | Week 2 | | | |
| Sunday | Sunday | | | |
| ☐ Monday | ☐ Monday | | | |
| ☐ Tuesday | ☐ Tuesday | | | |
| ☐ Wednesday | ☐ Wednesday | | | |
| ☐ Thursday | ☐ Thursday | | | |
| Friday | ☐ Friday | | | |
| Saturday | ☐ Saturday | | | |
| Evaluate progess after two weeks. | | | | |

Appendix — Form F

FORM — G.1

| Life Ph | ase Segn | nenta | ation |
|------------|----------|-------|-------|
| Phase (1): | | | |
| | _19 | to | |
| Phase (2): | | | |
| | 19 | to | |
| Phase (3): | | | |
| | | | |
| Phase (4): | | | |
| Phase (5): | | | |
| Phase (5): | | | |
| Phase (6): | | | |
| | | | |
| Phase (7): | | | |
| | | to | |

Appendix — Form G.1

FORM — G.2

Life Phase Segmentation Phase (8): ____ to ____ Phase (9): to Phase (10): _____ ____ to ____ Phase (11): _____ to Phase (12): _____ _____ to ____ Phase (13): _____ to ____ Phase (14): _____ ____ to ____

Appendix — Form G.2

FORM — H

| Phase () | | |
|-----------------------------|--|--|
| Time Period: | | |
| OBJECTIVE AND GOAL PLANNING | | |
| DISCIPLINE | | |

Appendix — H

FORM — I

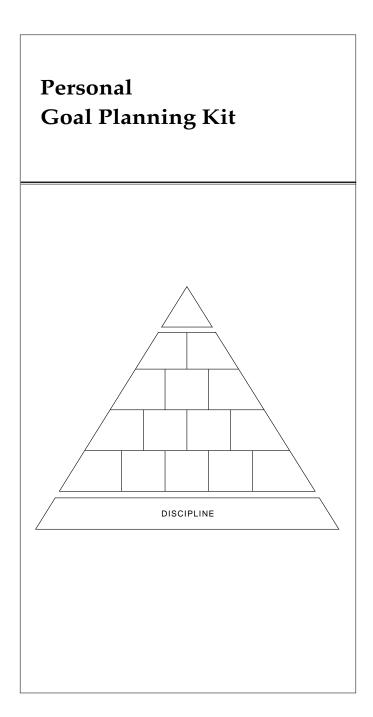
| Phase () | | |
|----------------------------------|---|--|
| Time Period: | | |
| BENCHMARK PLANNING AND SELECTION | | |
| | | |
| DISCIPLINE | \ | |
| Achieve: | | |

Appendix — I

| 1º I | nase () | |
|-------------------|-------------------|---------------|
| Tim | e Span: | |
| | TASK ASSIGNMENT S | HEET |
| | Goal | |
| | nchmark | Complete Date |
| Aajor _ asks _ | • | |
| - | · · | |
| _ | • | |
| Recogn | | |
| | nchmark | Complete Date |
| Aajor _ asks _ | | |
| _ | • • | |
| _ | • | |
| – Recogn | ize | |

Appendix — J

FORM — K



This form can be used as a cover sheet for your goal planning kit.

Appendix — K

FORM — L

| Week: | | | |
|-----------------------------------|----------------------|--|--|
| | | | |
| WEEKLY GOAL F | PLANNING SHEET | | |
| Goal | Goal | | |
| Benchmarks | Benchmarks | | |
| 1: Major Tasks | 1: Major Tasks | | |
| 2: Major Tasks | 2: Major Tasks | | |
| Goal Benchmarks | Goal Benchmarks | | |
| See Week: | See Week: | | |
| See Week: | See Week: | | |
| Physical | | | |
| P. Temperance | | | |
| Education | | | |
| Social | | | |
| Spiritual | | | |
| Discipline — Character Attributes | | | |

Appendix — L

FORM — M

| Week: | | |
|---------------|---------------|--|
| WEEKLY ROLE P | LANNING SHEET | |
| Tasks: | Tasks: | |
| | | |
| Tasks: | Tasks: | |
| | | |
| Tasks: | Tasks: | |
| | | |

Appendix — M

FORM — N

Scheduling Worksheet

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------|---------|-----------|----------|---------|----------|
| 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 | 8 | 8 |
| o | 0 | 0 | 0 | 6 | 0 | 0 |
| 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| 12 | 12 | 12 | 12 | 12 | 12 | 12 |
| _ | - | - | - | 1 | _ | _ |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 8 | ೯ | က | 3 | 3 | 3 | 8 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 2 | 2 | 5 | 5 | 2 | വ |
| 9 | 9 | 9 | 9 | 9 | 9 | 9 |
| 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| Evening | Evening | Evening | Evening | Evening | Evening | Evening |
| Tasks | Tasks | Tasks | Tasks | Tasks | Tasks | Tasks |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Appendix — N

| Date: | Sunday |
|--|---|
| APPOINTMENT A | ND TASK SCHEDULE |
| A.M | 2 |
| 8 | 3 |
| 9 | 4 |
| 10 | 5 |
| 11 | 6 |
| 12 | 7 |
| 1 | P.M |
| Review Weekly Progress Plan for Next Week | CHARACTER ATTRIBUTES / TASKS |
| | Physical P. Temperance Education Social Spiritual |
| | Spiritual |

| Date: | _ Monday |
|------------------------|------------------------------------|
| APPOINTMEN' | T AND TASK SCHEDULE |
| A.M | _ 2 |
| 8 | _ 3 |
| 9 | _ 4 |
| 10 | _ 5 |
| 11 | 6 |
| 12 | 7 |
| 1 | P.M |
| | CHARACTER ATTRIBUTES / TASKS |
| | Physical |
| | P. Temperance |
| | Education |
| | Social |
| | Spiritual |
| Review Weekly Goals an | nd Plan Day |

| | Tuesday |
|----------------|---|
| APPOINTMENT AI | ND TASK SCHEDULE |
| A.M | 2 |
| 8 | 3 |
| 9 | 4 |
| 10 | 5 |
| 11 | 6 |
| 12 | 7 |
| 1 | P.M |
| | CHARACTER ATTRIBUTES / TASKS |
| | Physical P. Temperance Education Social Spiritual |

| Date: | Wednesday | |
|----------------------------------|------------------------------|--|
| APPOINTMENT | AND TASK SCHEDULE | |
| A.M. | _ 2 | |
| 8 | _ 3 | |
| 9 | _ 4 | |
| 10 | _ 5 | |
| 11 | _ 6 | |
| 12 | 7 | |
| 1 | P.M | |
| | CHARACTER ATTRIBUTES / TASKS | |
| | Physical | |
| | P. Temperance | |
| | Education | |
| | Social | |
| | Spiritual | |
| Review Weekly Goals and Plan Day | | |

| Date: | Thursday | |
|----------------------------------|------------------------------|--|
| APPOINTMENT AT | ND TASK SCHEDULE | |
| A.M | 2 | |
| 8 | 3 | |
| 9 | 4 | |
| 10 | 5 | |
| 11 | 6 | |
| 12 | 7 | |
| 1 | P.M | |
| | CHARACTER ATTRIBUTES / TASKS | |
| | Physical | |
| | P. Temperance | |
| | Education | |
| | Social | |
| | Spiritual | |
| Review Weekly Goals and Plan Day | | |

| Date: | Friday | |
|----------------------------------|------------------------------------|--|
| APPOINTMENT AT | ND TASK SCHEDULE | |
| A.M | 2 | |
| 8 | 3 | |
| 9 | 4 | |
| 10 | 5 | |
| 11 | 6 | |
| 12 | 7 | |
| 1 | P.M | |
| | CHARACTER ATTRIBUTES / TASKS | |
| | Physical | |
| | P. Temperance | |
| | Education | |
| | Social | |
| | Spiritual | |
| Review Weekly Goals and Plan Day | | |

| Date: | Saturday | |
|----------------------------------|----------------------------------|--|
| APPOINTMENT AN | ND TASK SCHEDULE | |
| A.M | 2 | |
| 8 | 3 | |
| 9 | 4 | |
| 10 | 5 | |
| 11 | 6 | |
| 12 | 7 | |
| 1 | P.M | |
| | CHARACTER ATTRIBUTES / TASKS | |
| | Physical P. Temperance Education | |
| | Social Spiritual | |
| Review Weekly Goals and Plan Day | | |

| Da | te: | Sunday | |
|----|-------------------|-------------------------|--|
| | | OAILY TASK SCHEDULE | |
| | Review Week | y Progress | |
| | Plan for Next | Veek | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | RACTER RIBUTES | Physical Social | |
| | | P. Temperance Spiritual | |
| | | Education | |

| Date: | Monday |
|-------------------------|---|
| | DAILY TASK SCHEDULE |
| | |
| | |
| | |
| Review Week | y Goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social P. Temperance Spiritual Education |

| Date: | Tuesday |
|-------------------------|---|
| | DAILY TASK SCHEDULE |
| | |
| | |
| Review Wee | kly Goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social P. Temperance Spiritual Education |

| Date: | Wednesday |
|-------------------------|---|
| | DAILY TASK SCHEDULE |
| | |
| Review Week | ly Goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social P. Temperance Spiritual Education |

| Date: | Thursday |
|-------------------------|---|
| | DAILY TASK SCHEDULE |
| | |
| Review Week | y Goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social P. Temperance Spiritual Education |

| Date: | Friday |
|-------------------------|-------------------------|
| [| PAILY TASK SCHEDULE |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| Review Weekl | goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social |
| | P. Temperance Spiritual |
| | Education |

| Date: | Saturday |
|-------------------------|---|
| I | DAILY TASK SCHEDULE |
| | |
| Review Weekl | y Goals and Plan Day |
| CHARACTER ATTRIBUTES | Physical Social P. Temperance Spiritual Education |

FORM — Q

| Week: | |
|--------------------------------|--------------------------|
| | |
| CHARACTER ATTRIBUTE EVALUATION | |
| Sunday | Monday |
| P. Temperance | Physical P. Tomporopoo |
| Education | P. Temperance Education |
| Social | |
| | Social |
| Spiritual | Spiritual |
| Tuesday Physical | Wednesday Physical |
| P. Temperance | P. Temperance |
| Education | Education |
| Social | Social |
| Spiritual | Spiritual |
| | оримаа |
| Thursday Physical | Friday Physical |
| P. Temperance | P. Temperance |
| Education | Education |
| Social | Social |
| Spiritual | Spiritual |
| Saturday | Sunday |
| Physical | Juliday |
| P. Temperance | Review Last Week's |
| Education | Progress |
| Social | Plan for Next Week |
| Spiritual | |

Appendix — Q