



Introduction

This is the SuperReserve Index, which tells you how much extra you have in your life. The more reserves you have, the more reserve you'll feel. Reserve affords you the freedom to choose. Instructions:

1. Check the box if the statement is consistently true for you.
2. If the statement doesn't apply to you, please change it so that it does, or replace it with a different one that fits within that category.

1. Home & Comfort

- 1. My house has extra room/space that I do not need to use very often.
 - 2. I have twice as much empty available storage as I am currently using.
 - 3. I always have plenty of clean, pressed clothes; I never 'run out.'
 - 4. I have the coziest sheets, comforter and bedding.
 - 5. I am physically touched enough to feel satiated.
 - 6. My home is always clean and orderly.
 - 7. My home's heating and air conditioning system always maintains the perfect temperature.
 - 8. I have more than enough silverware, dishes, glasses, mugs, cooking utensils and kitchen equipment.
 - 9. I have a favorite place in my home where I can go to, relax, think and just be.
 - 10. There is no place in my home that I do not like.
- ___ Section score (# of checked boxes)

2. Car/Vehicles

- 1 I have high quality (10 gauge) jumper cables in the trunk of my car.
 - 2. I have AAA Plus or similar roadside assistance service.
 - 3. I have a cell phone in my car or that I carry with me when I drive.
 - 4. I have an extra \$100 in \$10 bills hidden in my car, just in case.
 - 5. I always fill up before the gas gauge falls below 1/4 tank.
 - 6. My car's battery is extremely strong and powerful.
 - 7. My car's engine is powerful enough to get me out of harm's way immediately.
 - 8. My car has antilock brakes and air bags.
 - 9. My car/vehicle is rated as "safe" in collision-impact studies.
 - 10. I have flares, a blanket, extra water, a spare tire and snow chains in my car.
- ___ Section score (# of checked boxes)

3. Financial

- 1. I have \$25,000 in a savings/money market fund for which I have no need of/plans.
 - 2. I pay my bills early.
 - 3. I have most of my bills paid automatically by electronic transfer or credit card.
 - 4. I have arranged with my bank to be able to do wire transfers via the telephone (vs. in person or by fax).
 - 5. I have \$500 in cash available at home at all times.
 - 6. I have no credit card or other installment debt, other than a first mortgage or business loan.
 - 7. I invest at least 5% a year into experiences, books, classes or environments which will help me earn more.
 - 8. At least 25% of my income each year comes from passive sources.
 - 9. I work for a company/clients/self where I am fully compensated for the value I deliver.
 - 10. I am clearly on a track to reach financial independence within the next 10-20 years.
- ___ Section score (# of checked boxes)

4. Safety

- 1. I know what I will do if I am threatened, mugged or attacked.
 - 2. I simply never walk or drive anywhere that makes me nervous in any way.
 - 3. I always act immediately to disengage myself from people who will bore, irritate or consume me.
 - 4. I have smoke detectors in every part of the house where they are needed.
 - 5. I have a fire extinguisher in the kitchen, car, garage and bedroom.
 - 6. I always use seatbelts.
 - 7. My home has an alarm system, deadbolts or other safety equipment.
 - 8. I have a remote entry system (called a fob) to lock/unlock my car doors from a distance.
 - 9. I do not lose sleep over my investments.
 - 10. I do not engage in unprotected sex (unless in a monogamous relationship).
- ___ Section score (# of checked boxes)

5. Energy/Vitality

Note: Please check with your physician first.

- 1. I know my cholesterol counts and they are in the healthful range.
 - 2. I get plenty of sleep each night; I am not tired.
 - 3. I eat more than enough fresh, healthful foods.
 - 4. I drink 8 glasses of filtered water each day.
 - 5. I exercise at least three times per week.
 - 6. I have eliminated the sources of stress in my life.
 - Y N 7. I take at least 4 vacations a year, which completely refresh/energize/nourish me.
 - 8. I have something to look forward to each morning.
 - 9. I have something to look forward to each evening.
 - 10. I do not use caffeine or drugs.
- ___ Section score (# of checked boxes)

6. Opportunity

- 1. I am online/have access to the Internet.
 - 2. I have my own web page or website.
 - 3. I have much more confidence than I need. I am not held back by fear.
 - 4. I have at least 2-3 years' worth of interesting work activities, projects, jobs lined up.
 - 5. I always ask for (and get) more than I actually need in any business or work situation, before I need it.
 - 6. I have developed a highly tuned, consistent and accurate sense of good judgment; I am rarely surprised.
 - 7. I have developed a special knowledge, skill-set or ability which is in high demand; my future appears very secure.
 - 8. I am part of a company, group, school or industry which contributes greatly to my ability to succeed.
 - 9. I have become an investor -- I invest my time/money into several things which may take a while to pay off.
 - 10. I can take the kernel of an idea and 'pop' it to become a really successful one.
- ___ Section score (# of checked boxes)

7. Space/Time

- 1. I always arrive 10 minutes early to every appointment.
 - 2. I always promise less than I am certain I can deliver.
 - 3. I never get talked into doing things.
 - 4. I end the day quietly.
 - 5. I always let other cars 'in' when I'm driving.
 - 6. I have a virtual or local assistant who immediately handles what I need help with.
 - 7. I do not speed when driving.
 - 8. I always maintain extra time (1-2 hours a day) in my schedule; I never fully book.
 - 9. Nothing is distracting, draining, exhausting or stressing me, period.
 - 10. I can easily let opportunities pass me by; I am not Pavlovian (meaning automatic reaction).
- ___ Section score (# of checked boxes)

8. Calamity Protection

- 1. I have a small 12-volt, automatically charging flashlight plugged into the cigarette lighter in my car.
 - 2. I backup my computer's hard drive at least once a week and store the back up away from the computer.
 - 3. I additionally back up my computer's hard drive once monthly and store the backup at least 10 miles away.
 - 4. I have a second ISP that I can tap into immediately in case the first one is busy/down.
 - 5. I have safely listed/stored all of my credit card numbers and 800 numbers to call in case of loss.
 - 6. I have a photocopy of my driver's license, passport, social security card and birth certificate, stored safely offsite.
 - 7. I have a will and my attorney and one other person has the most current copy of it.
 - 8. I have ample medical insurance.
 - 9. I have ample car, home and liability insurance.
 - 10. If I die tomorrow, my family will not suffer financially.
- ___ Section score (# of checked boxes)

9. Supplies & Equipment

- 1. I have six month's supply of toilet paper stored in my home.
 - 2. I have enough postage stamps to last for a year.
 - 3. I have enough laundry detergent and bleach for a year.
 - 4. I have two year's worth of vacuum cleaner bags.
 - 5. I have 30 days' worth of underwear.
 - 6. I have a DSL, cable or satellite dish modem.
 - 7. My computer has an extra 5 gigabytes of unused hard drive.
 - 8. I routinely buy the model with more features than I need.
 - 9. I buy only the quality/grade of tools and equipment which make me a lot more effective; not just more effective.
 - 10. I use an ergonomic computer keyboard.
- ___ Section score (# of checked boxes)

10. Relationships

- 1. My children show me an incredible amount of love.
 - 2. My spouse is always showing (vs. just telling) me how much he/she cares.
 - 3. I have an super-sharp attorney who I can immediate turn to for help with any matter.
 - 4. I treat everyone with the same positive, respectful and loving manner: spouse, clients, clerks, acquaintances.
 - 5. I have no relationships with people who repeatedly disappoint, frustrate or disrespect me.
 - 6. I know at least 50 different types of professionals well enough to ask for help.
 - 7. There is someone who I can turn to and talk about/ask for help regarding anything without fear.
 - 8. I hang around very successful people.
 - 9. My emotional needs are more than met by my family, friends and colleagues.
 - 10. I have a relationship with Nature, God or equivalent.
- ___ Section score (# of checked boxes)

___ Total score (# of checked boxes)