



- iv. What practices would you put in place to support your mental and physical health?
- b. Money:
 - i. How would you spend differently?
 - ii. How would you earn differently?
 - iii. How would you save differently?
 - c. Career
 - i. How would your career change if you committed to increase the pleasure factor at work?
 - d. Family/Relationships
 - i. How would your relationships look if you committed to pleasure?
 - ii. How would parenting look different?
6. Decide now if you will commit to increasing the pleasure factor in your life. Yes No
 7. Commit to take action, no matter what.
 8. Plan it!! Put pleasure and self-love on your calendar and then, most importantly...
 9. Honor your own word to yourself to follow through with the plan, no matter what.

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