



THE HIGH FIVE LIFE **FAITH** PUT YOUR BELIEFS TO WORK



THE BIG QUESTION: What do your choices say you believe?



YOUR MISSION: Examine a belief. Choose a way to live it.

1 NAME IT



What belief or value do I want to take more seriously? Why does it matter to me?

2 LOOK AT REAL LIFE



Where did my choices reflect that belief this week? Where did they pull another way?

3 QUESTION THE STORY



What assumption keeps me from acting? What evidence supports it, and what might I be missing?

4 CONNECT THE REASON



Who or what would benefit if I lived this belief more consistently?

5 MAKE ROOM



What pressure could get in the way? What smaller action would still be honest?

PUT IT INTO PRACTICE



A CHOICE

Let a value shape one decision.



A CONVERSATION

Listen, ask, or say something honestly.



A SMALL ACT

Give a belief something concrete to do.

6 NOTICE WHAT CHANGES

After I act, what will I look for? What would make me reconsider my approach?



ONE MORE THOUGHT

Where would living this belief make a difference in an ordinary week?

MY NEXT STEP

One specific action I choose:

When:





Choose one belief you are willing to practice.





THE HIGH FIVE LIFE FAMILY



THE BIG QUESTION: Who needs more than a good intention?



YOUR MISSION: Choose a relationship. Turn care into attention.

1 CHOOSE SOMEONE



Who matters to me and could use more of my attention?
What makes this relationship worth tending?

2 GET SPECIFIC



What has our time together actually looked like lately?
What has been missing?

3 ASK, DON'T ASSUME



What might this person appreciate?
How could I find out instead of guessing?

4 CHECK MY PART



What is in my control: listening, initiative, honesty, practical help, or a needed boundary?

5 MAKE IT POSSIBLE



What invitation or small act fits both our lives?
How can I leave room for a no?

6 LOOK BACK

Afterward, what did I learn about this person?
What do I want to remember next time?



SMALL COUNTS



A CALL

A few unhurried minutes.



A CONVERSATION

Ask. Listen. Stay curious.



A PRACTICAL KINDNESS

Something they would welcome.

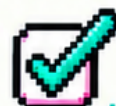
ONE MORE THOUGHT



What kind of attention would I like to bring to this relationship?

MY NEXT STEP

One specific action I choose:



When: _____



Let a good thought about someone become an action.



FITNESS

THE HIGH FIVE LIFE

BUILD CAPACITY FOR YOUR LIFE

THE BIG QUESTION: What do you want to be able to do?

YOUR MISSION: Start with what you want to be able to do.

1

PICTURE THE LIFE

What do I want the capacity to participate in? Who or what makes that worth caring about?

2

START WHERE I AM

What feels manageable now?
What feels difficult? Describe it without judging my worth.

3

UNDERSTAND THE LIMIT

What might be getting in the way?
What do I know, and what do I need help understanding?

4

CHOOSE WITH CARE

What small, appropriate action could support me? Do I need qualified guidance before trying it?

5

PLAN FOR A HARD DAY

What would a smaller version look like? When might rest or asking for help be the better choice?

START WITH YOUR LIFE

PARTICIPATION

Something I want to be able to do.

CARE

A way to support myself that fits today.

UNDERSTANDING

A question I could ask someone qualified.

6

PAY ATTENTION

After trying it, what do I notice about my capacity?
What should I adjust instead of forcing?

ONE MORE THOUGHT

What would I like more capacity to make possible?

MY NEXT STEP

One specific action I choose:

When:

Choose a step that fits the life and body you have.

THE HIGH FIVE LIFE FINANCES

GIVE YOUR MONEY A PURPOSE

THE BIG QUESTION: What is your money making possible?



YOUR MISSION: Look at one real choice, then make the next one deliberately.

1 NAME WHAT MATTERS



What do I want my resources to protect or make possible in this season?

2 LOOK AT A REAL EXAMPLE



Choose a recent expense. What did it provide: necessities, connection, capacity, options, or enjoyment?

3 CHECK THE VALUE



Am I glad I made this choice? What value lasted beyond the moment of buying?

4 QUESTION THE DEFAULT



Is there a recurring expense or money assumption I have stopped examining?

5 RESPECT REALITY



What obligations or limits must I account for? What information do I need before deciding?

LOOK AT ONE REAL CHOICE



PROTECT

An obligation or need to account for.



MAKE POSSIBLE

Something or someone I care about.



RECONSIDER

A default worth looking at again.

6 CHOOSE A TRADE



What is one choice I can realistically change, keep, or investigate? What would that make room for?

ONE MORE THOUGHT



What would I like my next money decision to make room for?

MY NEXT STEP



One specific action I choose:

When:



Let the next money decision reflect what matters to you.





THE HIGH FIVE LIFE

MAKE ROOM FOR FUN



THE BIG QUESTION: Does enjoyment always have to wait?



YOUR MISSION: Notice what you enjoy. Give it a place this week.

1 REMEMBER THE GOOD STUFF

When did I last enjoy myself without watching the clock?
What was I doing, and who was there?

2 QUESTION THE RULE

What do I tell myself must happen before I can have fun?
Is that rule serving my life?

3 NAME MY KIND OF FUN

What sounds enjoyable now: play, making, exploring, connecting, or quiet time?

4 NOTICE THE AFTERWARD

Which activities leave me glad I chose them?
Which feel like a default I drifted into?

5 MAKE ROOM

What small space could I give to enjoyment this week?
What could wait, shrink, or become more playful?

A FEW WAYS IN



PLAY

A game, a silly moment, a small adventure.



MAKE

Cook, draw, build, or try something.



CONNECT

Share a laugh or enjoy someone's company.

6 KEEP WHAT WORKS

After trying it, what did I enjoy?
Would I do it again, invite someone, or try something different?

ONE MORE THOUGHT

What would more room for fun look like in an ordinary week?

MY NEXT STEP

One specific action I choose:

When:



GIVE ENJOYMENT A PLACE IN AN ORDINARY WEEK.

