



JESSEN COACHING

Plotting the Course of Your Future

Annual Spring Check-up

Designed for Business Executives and their loved ones.

Prevention and thoughtful maintenance saves precious time and money and adds measurably to your quality of life for you and those who care for you! This is acknowledged when managing equipment and vehicles but is often ignored when it comes to highly important lifetime issues such as health and spirituality.

Guidelines:

Review and research the possibilities, commit to a plan of action, put it in writing and then ACT on each of the following. Review again next year.

1. Physical examination including:
 - a. Diagnostic examination of heart disease, cancer and other life threatening issues such as detailed blood work, PSA, colonoscopy (repeat 5 – 10 years) body weight control, physical endurance: run 5 miles in less than an hour (adjust for age)
2. Complete a current will including a patient advocate designation, durable power of attorney effective when disabled, living trust and estate plan as needed. Discuss these issues with your family and let your wishes be clearly understood.
3. Provision for accident and disability insurance.
4. Provision for saving and retirement.
 - a. Financial objectives. Use the power of time and start early.
 - b. What you and your spouse would enjoy
 - c. What you wish to contribute to others- - your legacy.
 - d. Health issues.
 - e. Family issues.
 - f. Location
5. Review health, home, auto, and life insurance
 - a. Proper coverage
 - b. Competitively priced?
6. Spiritual check-up.
 - a. Are you at peace with your maker?
 - b. How is your benevolence?
 - c. Are you living a life of joy and fulfillment or unhappiness and regrets?
 - d. Treasure each precious day
7. Mental development, growth and challenge.
 - a. What are you doing for yourself?
8. What other areas of your life need to be examined and rethought?
9. Review this list with those you love.