



PRIORITIZED
LIFE
ASSESSMENT

Prepared For: **Brandon Schaefer**
8-31-2018

"I have come that they may have
life, and have it to the full"
John 10:10



Brandon, thanks for taking the "Prioritized Life" assessment. This report has been specifically tailored to understand where your true priorities are in life. We know that if your priorities are in the right order, it will set you up to discover "life to the full" and to all the more readily achieve your goals and objectives. However, even if your heart is in the right place, if your priorities are all out of order, living into all God has for you might not happen.

"Seek First the Kingdom, and all these things will be given to you as well"
Matthew 6:33

PROGRESS NOT PERFECTION

Our goal is to be a "living example" of Christ not a perfect example. It's way more about seeking God and keeping Him first in our life. When we do that, many other aspects of our lives will take care of themselves. Regardless of your results, there's grace and empathy from your Father in heaven. Yet, he loves you enough to want to see great levels of breakthrough and fruitfulness in your life. Honestly reflecting on your results and allowing him into the process will create action plans and next steps and lead you to a more fulfilling and impactful life.

"I have come to give you life, life to the full"
John 10:10

REPORT STRUCTURE

Brandon, your report is divided into **FOUR** major sections. The *first* section is a summary of your big picture results, helping you to see and understand how you ordered the Five Capitals. Section *two* dives deeper into each of the Five Capitals, giving insight into your areas of strength and weakness. Section *three* offers suggested next steps and potential prescriptive pathways to experience a deeper walk with God. In section *four*, we'll offer additional goal-setting opportunities, giving you the chance to document tangible incremental next steps. With this action plan, you'll be able to share it with others for encouragement and accountability.

GETTING THE MOST OUT OF YOUR REPORT

Carefully review - the scores shown are not designed to be absolute but serve as an indicator to be explored and reflected upon.

Seriously consider - the life choices that have lead you to prioritize the capitals in this way. The exercises and next step questions are designed to help you consider actions you might take to change your current trajectory in life.

Be authentic - the Spirit can work best when we choose to be honest and transparent.

Ask God - for wisdom and power believing he is generous and will do something significant in your life while working through your results.

Take action - don't just think about changing, but consider what specific next steps and behaviour changes, if implemented, would lead to meaningful change in your life.

Share with others - whether it's with your spouse, coach or close group of friends, take the opportunity to invite others into your "life to the full" plan. Remember, you were not designed to walk alone. It's in sharing with others that a greater level of power is found.

"But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin."
1 John 1:7

YOUR FIVE CAPITALS

Below outlines the order of the Five Capitals based on your responses. While we could have done the analysis and comparison on the columns below for you, there's power in processing and comparing your results personally. We find when participants reflect on the two columns both in light of their current circumstances as well as the best order of the capitals - the most profound insights can be achieved.

Left Column

Displays the ordering of your capitals based on *your assessed responses* to the questions, ranked highest to lowest accordingly.

Right Column

Displays *your selected* order of the five capitals to what you *feel* are the priorities or focus of your life *right now*.



Reflection Questions:

1. Take a moment to think about whether you agree with the ordering of the Five Capitals. Does this accurately reflect the current focus of your life right now? Yes or No. Explain:

2. Consider and contrast the two columns: Are they in the same order? Or different? Which column ordering resonates the most with you and why?

3. How do these results give you some initial insight into what's happening in your life right now?

The Biblical Order of the Five Capitals

A book called Freakonomics was written by Levitt and Dubner and published in April of 2005. It talked about how the world is run by different kinds of capitals within a surprisingly economically complex market system. The book got Mike Breen thinking: what could the concept of "capital" could look like from a Christian or Kingdom perspective? We scoured the scriptures and homed in on two parables: Matthew 25 the parable of talents and Luke 16 the parable of the shrewd manager.

The parable of the talents in Matthew 25 helps us to understand that God has entrusted so much to us and He expects a return. People may not have the same level of capacity in each of the five areas, but with the capitals in the right order the potential for God to do mighty things through anyone and everyone is the same. God has invested so much in us and He desires that we grow his investment and give it away, believing a greater return will come back to us only to then be invested again.

Building on the message of the parable of the talents, the Five Capitals team believes there are five capitals from Heaven available to us and that there is a correct order to them. The parable of the shrewd manager in Luke 16 gives us insight into the correct order of priority for these capitals. If we keep them in the right order, grow them and give them away, we will experience a maximum return on these investments and the potential to truly find "life to the full". For example, as demonstrated in the Luke 16 story, we see that relational capital is more important than financial capital. Jesus encourages us to recognize the relative value of each capital and invest wisely.

In Build A Better Life, Brandon Schaefer, Five Capitals Founder / CEO writes, "you may never have thought about it this way, but we could argue that Jesus was the smartest businessman who ever lived and that he built the most successful business the world has ever seen, the Church. The business Jesus built is over 2,000 years old and has three billion followers in the present day alone. It is staffed by many employees who volunteer their time and finance the enterprise. People have freely given their lives rather than quit this business. Jesus wasn't just a great teacher, but also a great businessman and leader. It's safe to say that he can teach us how to build a life worth living for and that start with an **examination of our capital**. Yes, Jesus is a wise builder and he wants to change our daily lives and to live better stories than his." Now let's unpack these five capitals and explore their proper order:



Spiritual Capital: The level of connection we have with God - The currency is wisdom and power. The first commandment states: "You should love the Lord your God with all your heart, soul, and strength." Jesus' entire ministry demonstrated that spiritual capital is the most valuable of all. When he described life in the Kingdom of God, he talked about a life that was rich in spiritual capital both here and now on earth, and in eventually in eternity.



Relational Capital: The health and priority of our friendships - The currency is family and friends. Just as the second commandment says "Love your neighbor as yourself," relational capital is second in priority. It is more valuable than physical, intellectual, and financial capital because you cannot do anything of value in life without relationship with others; or you can't really do anything with those other three areas unless you have at least a little relational capital in place.



Physical Capital: The amount of time and energy available - The currency is hours and health. As we descend our hierarchy of capitals, physical comes next. Think about it this way: if you are sick, you can't work (financial capital), in the same way that if you have a migraine you can't deliver a lecture or read a book (intellectual capital). No amount of money or ideas can replace the value of being physically present, giving time and attention to people and projects.



Intellectual Capital: One's drive for creativity, ideas, and knowledge - The currency is insight and ideas. This is of a higher value than financial capital because we can't create ideas and be creative simply by spending a lot of money. Intellectual capital comes from something deeper than what money can buy. We can throw all the money in the world at a problem, but it won't get solved until someone brings some intellectual capital to bear, coming up with a creative and workable solution.



Financial Capital: The resources we have to invest - The currency is dollars and cents. Financial capital ranks lowest in our hierarchy. People get into trouble both by over valuing and devaluing it. When we overvalue money and sacrifice all kinds of other capital to obtain it, it never quite fulfills its promise to us. Studies show that as soon as we have enough, getting more money doesn't satisfy like we think. However, when money is invested in others, (instead of ourselves) it does increase one's happiness level. There is nothing inherently wrong with having money or desiring to be in a better state financially - It is the love of money that is the problem. The reality is God's owns everything, he entrusts resources to us and we are called to steward well what's been given.



YOUR ORDERING VS BIBLICAL ORDERING

Let's now compare your ordering of the Five Capitals in contrast to the Biblical order just described.

BIBLICAL ORDER	ASSESSED ORDER	SELECTED ORDER
1. SPIRITUAL 🙏	1. SPIRITUAL 🙏	1. RELATIONAL 🤝
2. RELATIONAL 🤝	2. INTELLECTUAL 💡	2. SPIRITUAL 🙏
3. PHYSICAL ❤️	3. RELATIONAL 🤝	3. FINANCIAL 💰
4. INTELLECTUAL 💡	4. FINANCIAL 💰	4. INTELLECTUAL 💡
5. FINANCIAL 💰	5. PHYSICAL ❤️	5. PHYSICAL ❤️

Hold on a minute Brandon, while you already might be thinking about things to change and potential next steps, there's more to share. In fact, there's so much more reflection to be had before you start goal-setting and putting a plan into action. The key here is that you might not fully grasp why your capitals are in the order they are (and what to do about it). That's ok, it's takes a deeper dive into each of the individual capitals, including your responses to the questions associated with that capital, to gain the clarity you're looking for.

UNDERSTANDING YOUR SCORES

Brandon, in the graphic below is a visual illustration of your scores in each of the Five Capitals and an overall score. The graphic is also color-coded to indicate strengths and weaknesses in each area.

GREEN Indicates you had a score at or above a 4.0. It signifies that this is an area of strength for you. As stated earlier, we are looking for progress, not perfection. Even though you might have scored high in this area, we will highlight specific questions where we see an opportunity for you to experience increased levels of "life to the full".

YELLOW Indicates a score between 2.6-3.9 and demonstrates some progress or strength within the capital. There are aspects you are growing into or even doing well in. However, there are also places of deficit or lack as well. With the questions in which you scored low, we'll offer ideas and solutions to help you grow.

RED Indicates a score at or below 2.5. This points to a significant deficient in this capital. You probably have recognized this lack of capital in your life and will reflect the greatest amount of reflection and effort to ultimately find "life to the full" in this capital.



ENGAGING WITH EACH CAPITAL

Now it's time to dive into the scoring details of each capital. While you may have prioritized the capitals in a different order, this report has been intentionally prioritized based on the framework of the Bible. This will help you put "first things first" as you work through your next steps to live "life to the full".

Remember, our goal is life transformation not sharing clever information. Hence, we aren't expected (or suggesting) you should work through this report in one setting. Brandon, this is an endless adventure, you'll be carrying this good work both in this life and even with you into all eternity. So don't go too fast, our heart is for you to commune with God, hear his voice and respond through the power of the Holy Spirit accordingly.



SPIRITUAL CAPITAL



4.2 out of 5 Flywheels

Brandon, your **Spiritual Capital** score puts you in the **green range** which indicates you are secure in your beliefs, life is lived and decisions are made out of your core convictions.

QUESTION ANALYSIS

Below you'll find a list of questions from the assessment which you scored 3 or less. We've called out your yellow and red scores to create the opportunity for you to pray about and explore how you might take specific actions to grow in these areas. Remember, while we aren't looking for perfection, we are expecting and believing in God's desire to do significant work in and through you in these areas.

"...and now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."
Philippians 2:12b-13

1 I regularly attend church, going because I want to go.

READ

not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. (Hebrews 10:25)

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ. (Ephesians 15:4)



 **SPIRITUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

What keeps you from church? What have your past experiences been? Were they negative?

Ask God to help you find the church and service that is a fit for you? Visit your friends' churches or ask them to come with you to visit new churches. There will be a sense of coming home when you find the place you belong. When you find it, see if there is a way for you to share your talents with the church.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **SPIRITUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

2) I understand the role of the Holy Spirit and rely on Him in all circumstances.

READ

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. (John 14:26)

Read John 16:7-14.

REFLECT

What do you know about the role of the Holy Spirit? Fruits and gifts? What have your experiences been?

Reflect on your life currently, where are there opportunities to more readily rely on Him? What might engaging the Holy Spirit look like for you? Who do you know who you could meet with to talk about the Holy Spirit?

 **SPIRITUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **SPIRITUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

SUMMARIZING YOUR WORK

Brandon, great job working through your **Spiritual Capital** detailed report. As you look back on your work, take the opportunity to summarize any final thoughts or summary points, which you don't want to forget.

At present, consider what you believe and why you believe it - where are there opportunities to grow your **Spiritual Capital**?

Write down what you are both clear and unclear about - how does this clarify where it's best to focus?

Consider what's keeping you from growing Spiritually? How do you remove those barriers?

Key Points / Action Steps to remember

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

 **RELATIONAL CAPITAL**



3.6 out of 5 Flywheels

Brandon, your **Relational Capital** score puts you in the **yellow range** which indicates you are relational but either you would like more friends or the friends you have are not that great. There is some connection, but it could be stronger.

QUESTION ANALYSIS

Below you'll find a list of questions from the assessment which you scored 3 or less. We've called out your yellow and red scores to create the opportunity for you to pray about and explore how you might take specific actions to grow in these areas. Remember, while we aren't looking for perfection, we are expecting and believing in God's desire to do significant work in and through you in these areas.

"...and now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."
Philippians 2:12b-13

1 I have no problem being authentic and vulnerable with my friends.

READ

Where no counsel is, the people fall: but in the multitude of counsellors there is safety. (Proverbs 11:14)

The way of a fool is right in his own eyes, but a wise man listens to advice. (Proverbs 12:15)

REFLECT

Something is blocking you from letting others into your inner world. God designed us to live in community. Reflect on what might be preventing you from sharing, opening up, and asking for help.

Make a plan to "live by consultation", committing to be more vulnerable with trustworthy friends and family and seeking their input on critical decisions.



 **RELATIONAL CAPITAL**



3.6 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

2) I often feel alone and isolated.

READ

In Matthew 28:20 Jesus reminds us, "I am with you always, even to the end of the age".

Psalms 133:1 says that it is "good and pleasant when brothers dwell in unity".

REFLECT

Consider that in the first days of creation God told Adam that it was not good for man to be alone. God knows that we flourish in community. Do you feel alone and isolated because you live life in solitude or isolation creeps in even in a crowded room?

 **RELATIONAL CAPITAL**



3.6 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

Take a step outside of your isolated routine. Ask what are some groups at church, join a community gathering of like interests, seek out co-workers for lunch. Find the goodness of unity with others, knowing that in Christ you are never alone.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

3) I am told that I am a good listener.

READ

Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. (James 1:19)

Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. (Proverbs 17:27)

 **RELATIONAL CAPITAL**



3.6 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

Count how many mouths vs. ears you have. What does this God-designed anatomy reveal about how much time we should spend speaking vs. listening?

Resolve to be a faithful active listener. Your goal is for those you communicate with to feel as though you are locked into them like a missile while they are sharing. This is in sharp contrast to how people feel when you give them only a portion of your attention.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **RELATIONAL CAPITAL**



3.6 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

SUMMARIZING YOUR WORK

Brandon, great job working through your **Relational Capital** detailed report. As you look back on your work, take the opportunity to summarize any final thoughts or summary points, which you don't want to forget.

Are you happy where your **Relational Capital** is? How could it be improved?

What might it look like for you to be a better friend?

Identify 1-3 people you'd like to be closer with - how might you engage them?

Key Points / Action Steps to remember

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

Brandon, your **Physical Capital** score puts you in the **yellow range** which indicates that you often wish you were more "on top" of things. Your rhythms and energy levels are inconsistent at best. Overall you would like to have more of your physical life in order.

QUESTION ANALYSIS

Below you'll find a list of questions from the assessment which you scored 3 or less. We've called out your yellow and red scores to create the opportunity for you to pray about and explore how you might take specific actions to grow in these areas. Remember, while we aren't looking for perfection, we are expecting and believing in God's desire to do significant work in and through you in these areas.

"...and now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."
Philippians 2:12b-13

1 Eating healthy is a priority and a commitment for me.

READ

All things are lawful for me, but I will not be dominated by anything.....do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. (1 Corinthians 6:12,19-20)

Also, consider the story of Daniel found in Daniel 1:8-13 that shows a man who had found what works for his body and disciplined and faithful.

REFLECT

In 2017 major research revealed that there is not one universal diet plan that is best for everyone. Each of our bodies is created uniquely. You may not yet have taken the time to discern what foods work best for your system. If you do know this and have a hard time following through, what is preventing you from caring for your body better in this way? Does your emotional life dictate your food choices? Does food offer temporary comfort for stress, sadness, joy, or fear?

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

If needed, work with a friend who is highly informed about nutrition, or a professional nutritionist, to develop and game plan and offer you accountability in this area. Take note in a journal of what you eat and how it affects your mental and physical state. Watch for how greater discipline and better choices lead to more clarity, energy, and well being overall.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

 **I know that I only have one body for my lifetime and I treat it with care and respect.**

READ

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. (1 Corinthians 6:19-20)

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

When appliances go wrong we can have them fixed, upgraded or replaced. We obviously cannot do that with our bodies and our health. Instead, we must decide to care for them in advance, to ensure our quality of life, and to protect our families from the negative affects of our ill health or early departure. What form is your disrespect taking - lack of sleep, lack of exercise, overuse of alcohol, for example?

Set a course to redirect the habit or attitude that is results in a lack of care for your body. Find a friend or mentor to hold you accountable. Set goals for easing into this new habit - e.g., going to sleep 15 minutes earlier, setting aside 30 minutes to exercise, then 45, etc. Make choices that demonstrate radical self care.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

3) I have figured out what healthy rest means for me.

READ

Come with me by yourselves to a quiet place and get some rest". (Mark 6:31)

In the miraculous feeding of the five thousand, the disciples still had the physical task of handing out the food to all gathered on the hillside. Knowing their level of exhaustion, Christ prescribes rest with Him in a quiet place. The same medicine for a weary body and soul is the cure today.

REFLECT

God himself demonstrated in creation the pattern He has set for work and rest. Consider that six days you are to labor and one day is set aside for the purpose of rest and refreshment. What is God calling you to lay aside so that you can find rest?

Revelation and creativity are often tied to rest. When we rest well, and rest enough, we have the mental energy to thrive and the advanced problem solving skills to handle challenges that we face. Purpose this week to retain one day for rest, refreshment and a reset. Commit to a day of laying down the phone, computer, and emails. Find your "quiet place" and live out God's pattern for your week.

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

4 At least once a week I unplug and take a day off for hobbies, fun, and play.

READ

God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. (Genesis 2:3)

REFLECT

What keeps you from taking time for yourself? Is your "to do" list too long? Do you feel like too many people need you?

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

The all powerful creator of the universe set a pattern for His creation to enjoy times of re-creation to gain rest for their body and soul. Start small and set aside an hour once a week (or whatever you feel is appropriate) to do something for yourself. Maybe it's a cup of coffee or tea in your own house. Maybe it's perusing a favorite store or going for a walk. Make this one hour a solid commitment in your calendar. Gradually add to this hour - by making an afternoon of it, or by having an hour to yourself a few times per week. Randy Pausch said, "I am going to keep having fun every day I have left, because there is no other way of life. You just have to decide whether you are a Tigger or an Eeyore." Be a Tigger and master the art of having fun to ensure you have balance in your life between work and play. Ultimately, determine to be someone who both works hard and plays hard.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

5) I exercise regularly (3-4 x a week).

READ

A wise man is full of strength, and a man of knowledge enhances his might. (Proverbs 24:5)

She dresses herself with strength and makes her arms strong. (Proverbs 31:17)



 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

God sees you as His mighty warrior and He has a plan to prosper you, to involve you in advancing His Kingdom, and bring Himself glory through you. In order to be ready to take on your Kingdom role, you need to be strong in every sense of the word. What prevents you from taking your physical health seriously? It is time-management? Embarrassment of your current body size? What are the barriers for you?

Knowing what forms of exercise you enjoy (or at least can tolerate), take a look at your weekly schedule and prioritize a exercise game plan. Once you plan is in place, follow what Nike suggests, and JUST DO IT. What may begin as pure discipline, will soon move to desire, and then to delight. Decide in advance a really great reward you will give yourself when you reach your first fitness goals.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

6) I start and end my day well and have consistent helpful routines overall.

READ

In creation, God established rhythms for your life - the refrain "there was evening and morning" (Genesis 1:5, 8, 13, 19, 23, 31) repeats with each day of God's work.

Solomon, known for his wisdom, tells us, "There is an appointed time for everything" (Ecclesiastes 3:1)

REFLECT

Daily rhythms are helpful. In a perfect world, they represent our core values. What is stopping you from establishing consistent and helpful routines?

Figure out what daily rhythm works best for you and implement it, tweaking it as you learn how to self-hack better until you have a way of life that is sustainable and immensely rewarding.

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

 **PHYSICAL CAPITAL**



2.8 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

SUMMARIZING YOUR WORK

Brandon, great job working through your **Physical Capital** detailed report. As you look back on your work, take the opportunity to summarize any final thoughts or summary points, which you don't want to forget.

What makes it so difficult to take care of yourself physically?

In terms of calendar, what makes "owning" your schedule so challenging?

Is there one area you believe you could start improving?

Key Points / Action Steps to remember

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

INTELLECTUAL CAPITAL



4.2 out of 5 Flywheels

Brandon, your **Intellectual Capital** score puts you in the **green range** which indicates you love to learn and engage with new ideas. There is space for you to grow intellectually and apply or share what you are learning both personally and professionally.

QUESTION ANALYSIS

Below you'll find a list of questions from the assessment which you scored 3 or less. We've called out your yellow and red scores to create the opportunity for you to pray about and explore how you might take specific actions to grow in these areas. Remember, while we aren't looking for perfection, we are expecting and believing in God's desire to do significant work in and through you in these areas.

"...and now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."
Philippians 2:12b-13

1 I love being creative and have some outlets I enjoy.

READ

Then God said, "Let us make man in our image, after our likeness." (Gen 1:26)

How clearly the sky reveals God's glory! How plainly it shows what he has done! Each day announces it to the following day; Each night repeats it to the next. No speech or words are used, No sound is heard; Yet their message goes out to all the world and is heard to the ends of the earth. (Psalm 19:1-4)

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore (Psalm 16:11)

REFLECT

We were made in God's image and He is the uber-creator. Do you struggle with seeing yourself as creative? Even if you aren't creative in a traditional sense, like an artist or songwriter, where ARE you creative, or COULD you be? Cooking? Fashion? Landscaping? Decorating your home? How you dress?

 **INTELLECTUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

Carrying creative abilities that are under-utilized can be like having a monkey on your back. Know where your skills are and make sure you are using them strategically in a way that is a blessing to you and to others. Having located a few areas where you are or could be creative, decide to honor God's investment of that creativity in you by pressing into it and developing it.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

 **INTELLECTUAL CAPITAL**



4.2 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

SUMMARIZING YOUR WORK

Brandon, great job working through your **Intellectual Capital** detailed report. As you look back on your work, take the opportunity to summarize any final thoughts or summary points, which you don't want to forget.

Brandon, if you could grow intellectually in one area what would it be?

What keeps you from learning and growing?

What might be a "small step" to start taking some ground in this area?

Key Points / Action Steps to remember

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

Brandon, your **Financial Capital** score puts you in the **yellow range** which indicates that while there is some progress and positivity with your finances, there is much to be desired. You would like to be better situated currently as well as for the future.

QUESTION ANALYSIS

Below you'll find a list of questions from the assessment which you scored 3 or less. We've called out your yellow and red scores to create the opportunity for you to pray about and explore how you might take specific actions to grow in these areas. Remember, while we aren't looking for perfection, we are expecting and believing in God's desire to do significant work in and through you in these areas.

"...and now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."
Philippians 2:12b-13

1 I have worked hard to be where I am at financially.

READ

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. (Colossians 3:23-24)

The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied. (Proverbs 13:4)

REFLECT

Life is hard for people who are not intentional about their finances. Money doesn't organise itself. Quite the contrary. Without being purposeful and having an intentional strategy, you are more likely to end up poor than financially stable.

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

Purpose today that whatever your hand finds to do you will work with all your strength and skills to accomplish. Make a financial plan with the resources God has bestowed to you. Is God calling you to save more, produce more, give more?

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

2) I have a retirement plan in place.

READ

Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? (Luke 14:28)

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

Throughout scripture long life is considered a blessing from God. How are you stewarding your resources in order to be prepared to serve Him all the days he has ordained for you?

Ask God to teach you to number your days that you may have a heart of wisdom. Without vision and plans the people will perish. Reflect on the older version of yourself - what steps can you begin today to plan for your future?

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

3) I seem to be always wanting more, bigger, better, nicer, newer, different.

READ

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. (Philippians 4:12)

REFLECT

What triggers the discontentment and covetousness of your heart? What leads you to believe that the grass is greener in the neighbor's yard?

Commit to an attitude of gratitude. Each day spend a few moments and name ten things for which you are grateful. Be the person who gives thanks in all things.

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

4) I am generous, regularly giving to causes that I believe in.

READ

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:6-7)

REFLECT

What is causing your lack of giving - have you had a hard time finding the causes you believe in or is it worry that you will give too much and leave you in a financial bind?

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

Research nonprofits in your area, nationwide and worldwide and find something that strikes at your heart. Look at your budget and find an amount at which you can be comfortable - even if it's only \$10-20 per month to start with. You can also give your time with these organizations.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

5) I wish I had the money to do more of what I want to do in life.

READ

Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless. (Ecclesiastes 5:10)

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. (Philippians 4:11-12)



\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

REFLECT

What prevents you from contentment with what God has given you? Do you have a covetous heart toward your neighbor? How could the resources that you do have be purposed towards the things that you desire?

Having money does not solve every problem but not having it certainly can make small problems seem bigger. Chose to be grateful for what you have while you devise a plan to get closer to where you want to be. Double check that what you spend money on is actually what you value. Sometimes money can leak out into areas that are not consistent with our priorities. Patch the leaks and be careful about how you spend your hard earned money.

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s): _____ **Target Date(s):** _____

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

6) I have a budget and maintain it.

READ

Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it. (Proverbs 21:20)

REFLECT

What is making you "break the budget." Is it a credit card, a favorite hobby, shopping?

Create a budget (with the help of an expert or close friend if you need it). Create an envelope for each category - mortgage, gas, utilities, groceries, etc. At the beginning of the month, put the appropriate amount of cash in each envelope. Once the amount in the envelope has been spent, you are finished for the month with that category. This can work well if dining out and shopping are causes of the "break the budget" issue.

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

RESPOND

Based on the next level items above what specific actions will you take and when? Be specific with your responses and be ready to share and hone them with your coach if needed.

Action Step Idea(s):

Target Date(s): _____

\$ FINANCIAL CAPITAL



3.3 out of 5 Flywheels

QUESTION ANALYSIS (Cont.)

SUMMARIZING YOUR WORK

Brandon, great job working through your **Financial Capital** detailed report. As you look back on your work, take the opportunity to summarize any final thoughts or summary points, which you don't want to forget.

What need to be the next steps for you financially?

Are there opportunities to be more disciplined or generous? If so, where?

Is there a "clear next step" to help you feel even better about your finances?

Key Points / Action Steps to remember

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

CONCLUSIONS

Brandon, well done working through both your overall results and your five detailed reports based on each capital. I believe your hard work will bear significant fruit over time. Remember the Scripture:

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."
-Galatians 6:9

Working through your results can also be overwhelming and tiresome as well. Hence, we have put together some summary exercise to help you gather your thoughts, identify clear next steps and determine who you'd like to walk with you. Utilize the below exercises to bring clarity around the right next steps to take.

STEP ONE: CREATE SPACE

Brandon, one of the easiest ways to be overwhelmed is simply at the thought of: "How am I going to add another thing to my list?" Yes, the struggle is real. We believe if you're going to start something we should also look to stop something. The spaces below allow you to create your own "start / stop" list. Consider attitudes, behaviours, activities, relationships and habits, which you could either stop or start to help you on this journey.

MY <u>STOP</u> DOING LIST

MY <u>START</u> DOING LIST

STEP TWO: CLARIFY YOUR ACTION STEPS

No doubt, you've written down a number of ideas and possibilities around action steps to take. We encourage you to reflect on all of these options and pick the top 3 that stand out the most. Write these down clearly stating when you'll start them, what success looks like and who can help you achieve each step.

MY ACTION STEPS	SUCCESS LOOKS LIKE...	WHEN I WILL START	WHO CAN HELP
1.			
2.			
3.			
4.			
5.			

STEP THREE: ARTICULATE YOUR "WHY"

The roots of conviction go all the more deeper when we can clearly communicate the "why" something different with our life is so important. As you think about all the more readily getting on a trajectory toward "life to the full" consider why this is so important to you. Use your why statement when you feel like quitting, when hardships (or curveballs) are thrown your way or when unexpected events occur.

My "Why Statement" as it relates to implementing this action plan:

STEP FOUR: INVITE OTHERS

We believe that life is better together. In fact, very few things can be accomplished without the help, instruction and encouragement of others. Great plans fail because a lack of community and encouragement alongside our will and determination. In the Gospel of Luke, chapter 9, Jesus instructs his disciples to look for people of peace. He goes on to describe people of peace as those friends who meet the following criteria:

People of Peace are those supporters and encouragers who:

- Are genuinely and authentically interested in you.
- Are willing to serve and help you in some way.
- Are generous - gladly opening up their network of friends and resources to you.

Furthermore he says: "don't go from home to home, stick with your people of peace"

Given this criteria, think about how God might have already gone ahead of you by putting People of Peace in your life. Write down any names who come to mind, plan to reach out to them asking if they would be interested in helping you achieve the next steps you have written down.

PEOPLE OF PEACE	WHEN I WILL TALK TO THEM	WHAT I WILL SAY
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Congratulations!

Brandon, you have worked through your report complete with an action plan you can start implementing. If you would like to read more about the Five Capitals concept, engage in our online training platform or connect with a coach - consider the "engage with us" section below.

ENGAGE WITH US

1. Buy the Book (Build a Better Life Overview)

Five Capitals CEO Brandon Schaefer has written a book entitled **Build A Better Life** that offers a deep dive into the five capitals. There are three chapters that provide a dedicated overview of this concept. The tools presented in this book can help you integrate your life, increase your impact, and discover life to the full. Most of us find it difficult to connect the various areas of our life. We compartmentalize home, work and leisure, leaving us stressed and frustrated as we try to keep all the plates spinning. Brandon Schaefer provides a fresh perspective on how to integrate every area of life to help us see Jesus in a new way. Build a Better Life offers seven frameworks to equip people to live more productive, healthier lives. These Biblically based tools help the reader discover the perspectives, priorities and practices needed to lead a more fulfilling and impactful life. Our hope is that, through reflecting on and implementing these concepts, you will be able to say, "I'm discovering and living a more fulfilling and fruitful life."

- Awaken to the relevancy of Jesus in every area of your life.
- Learn how to build a home and work life that's sustainable, thriving and growing to reach your potential.
- Discover Jesus's word, works and ways to live a more satisfying and successful life.
- Understand the impact of the Five Capitals (Spiritual, Relational, Physical, Intellectual and Financial)
- Engage with the practices of the Wise Builder, Jesus—the humility to hear and courage to obey.
- Develop the character needed to go after all God has for you.

Do You Want to Build A Better Life? Do you struggle to connect all the different areas of your life? Do you tend to compartmentalize home, work and leisure, leaving you feeling stressed? Do you just have too many plates to keep spinning at once? Build Your Better Life provides practical assistance with proven strategies to help you develop and lead your life and business the way Jesus would. These tools will empower you to live a more productive and yet healthier, happier life. They will move you forward to discover the perspectives, priorities and practices needed to lead a more fulfilling and fruitful life, both at home and at work. Jesus encourages you write a bigger and better story—one that has more integration, satisfaction and lasting significance than you can even imagine.

ENGAGE WITH US

2. Engage with Online Tools, Training and Resources

Five Capitals is an organization passionate about helping and equipping Christian Business Leaders / Executives for growth. We seek to inspire, equip and train leaders in how the Bible connects to both their personal and professional life, creating greater levels of integration, wholeness and fulfillment. Areas of focus include: increasing leadership skills, developing a greater level of cultural health, empowering personal and family development, solidifying vision and values, sharpening the strategic planning process and enhancing team productivity and profitability. With a focus on application, we invest transformational tools and skills, allowing for a more impactful and productive life. These tools are memorable and reproducible, enabling participants to pass them on to others. Find us at: fivecapitals.net

- **VISION** — *What we are called to do.*
To be a global leader in empowering and equipping Christians so they can go after all God has for them in life. *"I have come that they may have life, and have it to the full" — John 10:10*
- **VALUES** — *Who we are.*
The Bible is our Guide
Excellence all the Way
Community at the Core
Leave your Mark
Transformation over Information
- **VEHICLE** - *How we deliver.*
Coaching: Five Capitals' main delivery mechanism is coaching. For us, coaching isn't a formula — we listen well to the participant (or team) and then put a customized plan in place. We offer three types of coaching: Executive, Leadership and Couples. Calls are generally weekly for one hour, held via video conference call or in-person meetings.

Workshops and Intensives: While weekly coaching can go a long way in one's pursuit of change and transformation, often times individuals and teams can see accelerated growth and success through longer, more intensive times together. Five Capitals consulting offers strategy sessions, team building days, guided weekend retreats, workshops and equipping seminars on a variety of topics such as Vision/Values, Strategic Planning, Leadership Practices, Organizational Culture, and much more.

ENGAGE WITH US

3. Connect with a Coach (free consultation)

While assessments are great and insightful, it is usually when we have a wise guide, accountability and contextualized tools that things really change in our life.

Five Capitals is a company passionate about empowering and equipping Business Leaders and their employees for growth. We seek to inspire, equip and train executive (and their potential leaders) in a way that maximizes potential, increases leadership capacity, helps them develop others and gets results. All the while, increasing the productivity and profitability of the company.

Executives face special challenges to incorporate Five Capitals principles into a broader corporate context. With organizational structures in mind, we have developed Biblical frameworks and organizational tools for the Executive Leader. Executive Coaching creates the space for both personalized consulting and individual application. In addition to building leadership skills and a Kingdom mindset, intentional community and accountability help to create a transformative experience.

Our coaching development tracks, company and individual options, focus on the following areas:

COMPANY OPTION	INDIVIDUAL OPTION
Creating a leadership engine	Increasing your potential
Building a healthy and productive culture	Pursuing "Life to the Full"
Biblical frameworks for business	Equipping the leader
Strategic planning that works	Building your business God's way

Contact us if you have any questions, if you're interested in pursuing one of these tracks or would like to create a customized option. All initial consultations are free. Just email us at info@fivecapitals.net.

Next Steps / Conclusions

Thanks for taking the Five Capitals "Prioritized Life" assessment. Brandon, we would appreciate any feedback to help us make this report more relevant and engaging. Be sure to tell us what you love about it as well as what can be improved.