

# Create Your Wisdom Council Worksheet

## A. Choose Your Candidates

Think about all the people who have taught you, who have inspired you, or who seem to have your best interests at heart. Think of relatives, friends, authors, speakers, TV personalities, coaches, speakers, historical or religious figures, etc.

People Who Can Help Me With My Finances Include:

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People Who Can Help Me With My Spirituality Include:

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People Who Can Help Me With My Relationships

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People Who Can Help Me With My General Life Issues

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People Who Can Help Me With My Career/Work Include

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**B. How I Will Consult My Council**

Make notes here of how you will contact your council members, or note if you will do it in a contemplative state (no actual contact). If you have a way to contact your people (addresses, phone numbers, social media names/addresses, websites, etc.) Write them here for future reference.

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**C. (Optional)**

For some people, it makes sense to schedule a regular monthly or quarterly or bi-annual session where you take a look at how far you've come in the past month (3/6/12 months), take stock of your current issues, and schedule a "meeting" with your council to go over issues that are affecting you now, and set goals for the next time period (e.g., 6 months). If this sounds like something that would benefit you, decide now when your next meeting will be. Write it down here and mark it on your calendar.

I'm going to review and plan on \_\_\_\_\_.

**Make sure to write it out so you can come back later and review your issues, problems, and solutions.**