

# APPENDIX

## YOUR GOLD LISTS

Your *Gold List* comprises what you most dearly want and value in and for your life, as well as what you absolutely don't want in your life, what you abhor, detest, and the like. You can compile two *Gold Lists*: one for all the things you aspire to have or accomplish and one for all the things you do not want or want to get out of your life, which we can call your *ASPIRATIONAL GOLD LIST* and your *TOXIC GOLD LIST*, respectively. You can download all of the following *Lists* at [positivelifechoicepsychology.com](http://positivelifechoicepsychology.com).

Let's start with an example of an *Aspirational Gold List*. These are the people, things, and events that you dearly want in and for your life, ones that will make your heart sing:

- I want to find deep, lasting love.
- I want to be healthy and enjoy a long, vital, healthy life so that I can be around for my children's weddings and to enjoy my grandchildren.
- I want to be a positive role model for my children.

- I want to spend more time with my children.
- I want to put and keep positive people in my life.
- I want my life to have purpose and meaning.
- I want to lose weight, be thin, and feel better about the way I look. This is important for me, because I want to feel more confident.
- I want to do my part to make this world a better and more peaceful place.
- I want to one day own my own chain of department stores.
- I want to be a partner in my firm.
- I want to stop smoking.
- I want to be in a job that makes me excited to go to work each day.
- I want to spend more time and have a better relationship with my mother/father as he/she won't be around forever.
- I want to streamline and simplify my life.
- I want a better work/life balance, as my life is just passing me by, and my parents won't be here forever and my children won't be living at home much longer.
- I want to spend more quiet time learning about who I am and what I truly want in my life.

Now it's time for you to fill out your *Aspirational Gold List*. Please remember to take your time and be open and truthful.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

9. \_\_\_\_\_  
\_\_\_\_\_

10. \_\_\_\_\_  
\_\_\_\_\_

11. \_\_\_\_\_

\_\_\_\_\_

12. \_\_\_\_\_

\_\_\_\_\_

13. \_\_\_\_\_

\_\_\_\_\_

Okay, now it's time to compile your *Toxic Gold List*, keeping in mind that it's just as important in making your life choices to know what and who you don't want in your life. Once again, please be scrupulously honest when you make your entries below.

Let me share some examples of things that others have identified that they want out of their life.

- I don't want to have toxic people in my life who bring me down and aren't supportive.
- I don't want to work with or for people who are demeaning and hurtful to me.
- I don't want to watch violent shows or films or listen to misogynistic or hateful music.
- I want to get rid of the clutter in my life, in my head, and in my home.
- I want to get rid of the negativity in my life.
- I don't want to eat fried foods or anything that will raise my cholesterol or clog my arteries.
- I want to stop spending my salary as soon as I receive it; it's time to start saving.

- No more smoking!
- I don't want to settle or compromise regarding the things that are important to me. I deserve better.
- I need to find a new doctor, as I don't want to feel that I'm the last priority on his/her list.
- I must stop drinking too much and drinking and driving.
- No more temper tantrums and letting my uncontrolled temper and anger harm or ruin my relationships.

It's now time for you to fill out your *Toxic Gold List* with the things, people, and events that you want out of your life and those you won't let damage you and/or lower the quality of your life. Once again, please take all the time that you need to make a complete and honest *List*.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_
11. \_\_\_\_\_  
\_\_\_\_\_
12. \_\_\_\_\_  
\_\_\_\_\_
13. \_\_\_\_\_  
\_\_\_\_\_

## **YOUR TRUTH LIST**

Your next step is to compile your *TRUTH LIST*, which should be composed of the person whom you would ideally like to be, which can include listing the attributes of others that you would like to emulate and incorporate into your behavioral repertoire.

Below are some examples of entries that others have made on their *Truth List*:

- I want to be someone I can be proud of.
- I want to be the change and example that I want to see in the world.
- I want to be a person of God.
- I want to be a father/mother that our children can look up to and be proud of.
- When I die, I want to look back at my life and say that I made a positive difference.
- I want to be the radiant light in the lives of the people I know or impact.
- I want to be a solutionary.
- I want to practice unconditional love, compassion, and generosity.
- I want to put myself in other people's shoes when I make my life choices.
- I want to continue to grow and evolve.
- I want to be truthful.
- I want to have the courage to back up my convictions and beliefs.
- I want to live a life of service to others.

Now it's time to make your own *Truth List*. As you do, please take the time to dig deep down into your *Heart-of-Hearts* and uncover your highest aspirations regarding the person whom you ideally want to be. Once again, in compiling this *List*, be stone-cold honest, as this is your unvarnished, nondefensive truth.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_



10. \_\_\_\_\_  
\_\_\_\_\_
11. \_\_\_\_\_  
\_\_\_\_\_
12. \_\_\_\_\_  
\_\_\_\_\_
13. \_\_\_\_\_  
\_\_\_\_\_

After compiling these *Lists*, please read over and absorb them, as they are your personal answers to important and revealing questions. Once you have done this, your goal is to make life choices that reflect and are consistent with your gold and your truth. Also, as time goes on, your gold and truth—which are your PETS—may change as you learn, grow, evolve, and reevaluate what you most want in your life. So from time to time please review these *Lists* to make sure that your entries accurately reflect your most up-to-date valuations. If you need to add new pieces of gold or truth or need to reorder them, please download a new *List* at [positivelifechoicepsychology.com](http://positivelifechoicepsychology.com).

## **YOUR "RAINBOW" OR ALTRUISTIC LOVE EXPRESSION LIST**

Your *Altruistic Love Expression List* is just that—it is composed of the charities, service organizations, activities, passion projects, etc., to meaningfully and purposefully express your Altruistic Love to and for others. This is meant to be a purely personal *List* that reflects what truly touches you, moves you, and calls you to action.

As we discussed earlier, my wife, Melinda, through a serendipitous turn of events learned about two noble charitable organizations, Ruby's Rainbow and No Kid Hungry. The goals of these two charities touched and moved her to such a great degree that I believe that she will be committed to helping them for many years to come.

After taking as much time as you need and doing as much research as you deem necessary, make your personal *Altruistic Love Expression List* below. Remember, these are organizations that you can join and/or contribute to; or you can form your own organization or create and embark on your own personal mission to be of service to others.

Whatever you choose to do and however you choose to be involved, you will be adding oh-so-necessary love, kindness, and caring to our world. As you contemplate your *List* and fill it out, be excited about aspiring higher by finding or adding soul-fulfilling meaning and purpose in and to your life.

When you are ready, please fill out your *List*.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_
11. \_\_\_\_\_  
\_\_\_\_\_
12. \_\_\_\_\_  
\_\_\_\_\_
13. \_\_\_\_\_  
\_\_\_\_\_

## **YOUR PERSONAL "ASPIRE HIGHER" PHILOSOPHIES**

In Part 4 of this book, I share *The PLCP Lifestyle Philosophies, Ideals, and Words* that hopefully resonate with, move, and inspire you. If you would like to think about, identify, and memorialize your own personal philosophies, ideals, and words that move you to aspire higher, please do so below. Experience has taught me that taking the time to

