



COVER YOUR ASSETS

Checklist

Next Step: Check off any items you have completed.

Not working on any of them, discouraged, or stuck, reach out for some assistance.

HEALTH: WELL CARE

If you don't take care of your body where will you live?

- Health insurance (sick care)
- Supplemental insurance to fill the gaps
- Do you know your numbers (blood pressure, cholesterol, blood sugar, etc.)
- Know your pro-active numbers (Omegas, Magnesium, Vitamin D3)
- Do you have a daily nutritional program to fill your nutrient gaps created by your diet? No, get recommendations here <https://bit.ly/RhondasMeologyQuiz>
- Create a NEW health habit (reduce alcohol consumption, daily movement or exercise, achieve optimal weight)

CRITICAL TEAM MEMBERS

No DIY-ing.

- Financial Professional or Advisor
- Life Insurance Agents: Life, Health, Home, Auto
- Banker
- Financial Coach
- Estate Attorney
- Health Coach
- Doctor, Naturopath, Physician's Assistant

FINANCES: WEALTH CARE

Take care of your money so you can enjoy your lifestyle!

- Protect your income (short-term and/or long-term disability)
- Protect your job (FMLA)
- Long Term/Chronic Care in place
- Check your beneficiaries on your life insurance
- Know your rights (Fair Credit Reporting Act)
- Access to cash (savings, 401K, investments)
- Passive income can be a life saver
- Credit Card balances under control
- Student Loans/Other Loans

LEGAL RIGHTS: FAMILY CARE

Get your Docs in a row! Know where they are.

- Will, signed and filed
- Power of Attorney in place
- Medical Power of Attorney in place
- Advance Directives (ie: DNR or Do Not Resuscitate)
- Family Trust, if necessary
- Pet Trust, care for our furry family members

Decisions to be made...

1. Organ donor
2. Cremation or Burial



LIFESTYLE

How do you define lifestyle:

A dream trip or activity you've always wanted to do? Dream BIG!

What are 3 action steps you can take to make a reality?

1. 2. 3.

Which one is your next step? Circle it.

By when will you take that next step? _____

Need guidance?

I have expanded resources and other support options.

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Download my 5 Step Guide to a WELLthy Life at

<https://TheWELLthyPeople.com>

