

Mission Ball Individual Record

Name _____ Week # 1 Date _____

Actions [All actions must be a stretch from what you are already doing!]

Happiness & Fulfillment	Getting Better	Helping Others	Protecting The World
Since I love dancing, I practiced new dance steps for 3 hours -18 points Set aside an hour of quality time with my family-6 [These actions include ones that are the "best, most loving use of your time" - actions related to your mission in life]	Cleaned out my closet at home, 2 Read a book to learn something new -6 Cleaned out a drawer I use often—2 Began a bank account - 4 [These actions increase your available time, money or energy]	Volunteered 2 hrs. to teach a child math—12 Wrote 3 old friends who I keep putting off writing letters to (70 minutes) -7 Complimented or said something nice about six people—6 [These actions help or empower people directly]	Started a garden—2 Planted 3 trees—15 Wrote a letter to a company asking them to make a safer toy) -3 Talked with parents about ways to save energy —3 [These actions help the world or help people indirectly]
Total 24	Total 14	Total 25	Total 23

Donation Points

\$10 to shelter - 10 points
[1 point per dollar donated or two points for every dollar toward a long-term solution]

Team Building Points

0 points
[These are points for recruiting a new person into the game.]

Team Spirit Points

buddy support phone calls—4
attending the scoring session—15
[Points for team support activities]

Goal & Growth Group

Learning or Practical Question I learned first aid for a bee or hornet sting.
Progress Highlight Planted trees for the first time! (3 trees!)
Plan For Next Week Write a letter to the city about the litter. Read for another hour.
Appreciation I appreciated learning some fun dance steps!

Bonus
points



Total
Points

