***Check-in* Before You *Check-out***

* Check-in with people who have passed this way before. They will thank YOU for asking.
* Check-in with your Ownership Objectives.
* Check-in with your spouse, partner, significant other, key stakeholders and anyone else who has skin in your game and ask: “What are their wants and worries for you; for themselves.”
* Check-in with your current energy/engagement/give-a-flip level. You may be *done* before you’re *finished*.
* Check-in with your body—get a great physical exam—not just thump, cough, poke.
* Check-in with what you think you are buying with the sale.
* Check-in with your purpose for selling.
* Check-in with Kermit the Frog –listen, *really* listen to him sing the lyrics of Rainbow Connection.
* Check-in with the story you’re telling yourself about “Post Sale” life. Pay particular attention to what the story leaves out.
* Check-in with your plan for “Ending Well.”
* Check-in with your confidential confidants—regularly.
* Check-in with your capacity to be satisfied, to savor, to declare ENOUGH!
* Check in with what YOU want.
* Check-in with what “stuff you need to bring out, leave behind.
* Check-in with your EGO—it’s source, size and it’s appetite.
* Check-in with the people you need to thank and apologize to.

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