

Earning Bottom Lines and Top Lines for \_\_\_\_\_ on the date of \_\_\_\_\_

Underearning Bottom Lines

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Bottom line behaviors personally defines one's underearning. For example – "I went an entire day without doing a single thing that I had planned to do previously". If you are having trouble determining your behaviors, review the 12 symptoms of underearning at [www.underearnersanonymous.org](http://www.underearnersanonymous.org). Another way to determine them is to think of what you used to do all the time before attending your first meeting but felt horrible every time you did. Write down 2 or 3 on the lines that come to mind immediately and effortlessly.

Earning Bottom Lines and Top Lines for \_\_\_\_\_ on the date of \_\_\_\_\_

**Difficult**

Middle Circle Behavior –  
(Feelings and Needs)

Underearning Bottom Lines

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**Short  
Term**

**Long  
Term**

**Easy**