**Auction Bucks**

**$ Financial Health**

10 You do something to bring in family income

10 You have a family budget

15 You have a savings account with money in it

15 You recently refrained from buying something you wanted because you did not need it

15 You recently used up food that was about to go bad instead of throwing it away

15 You recently fixed something or mended a piece of clothing instead of throwing it away

25 You have taken a class or seminar in accounting, finance, or investing

25 You grew a “garden” (something edible) this past year

50 You have 1 month of food storage

50 You are consumer debt free (this excludes home, car, and school debt)

\_\_\_ $ Total Financial Health

**$ Mental Health**

5 You wrote in your journal this week

5 You organized something this week

10 You took time to do at least one thing you enjoy every day last week

10 You expressed gratitude for something every day this week

10 Your dishes are done

10 Your bathroom(s) is/are clean

10 Your laundry is clean, folded, and put away

10 You dusted your home this week

15 You tried to make the best of unexpected changes in your circumstances last week

15 You took action this week on a project you have been avoiding

25 Your Christmas shopping is done

25 You forgave someone who was unkind to you this month

50 You avoided negative self-talk this week

\_\_\_ $ Total Mental Health

**$ Personal Growth**

5 You knit

5 You sew

5 You crochet

5 You scrapbook

5 You sing

5 You play a musical instrument

5 You dance

5 You are enrolled in school

5 You are good at math or science

5 You are good at English or History

5 You are good at art or technology

10 You are wearing something homemade

10 Homework or chores (yours or your child’s) are done for the day

10 You graduated from high school or have your GED

10 You read a book at least once a month

15 You speak multiple languages

25 You graduated from college

25 You read or watched the news every day last week

\_\_\_ $ Total Personal Growth

**$ Physical Health**

5 You play on a sports team

5 You know CPR or first aid

5 You cook (trying counts)

5 You ate a raw fruit or veggie today

10 You have had 48 oz of water so far today

15 You have been to a dentist in the past year

15 You avoided eating sugary treats yesterday

15 You flossed your teeth every day this week

15 You have exercised today

15 You got 8 hours of sleep at least 3 days this week

25 You are currently pregnant

50 Have 72 hour kits for everyone in your family

\_\_\_ $ Total Physical Health

**$ Social & Emotional Health**

5 You are here

5 You were on time

5 You donated an item or service to the auction

5 You are a good listener

5 You like to smile

5 You smiled at someone tonight

10 You talked with a family member about something other than children, finances, or work this past week

10 You were purposefully patient with a co-worker or family member this week

10 You have phoned a friend this week

10 You sat next to someone you didn’t know tonight

10 You are married

10 Each full year of marriage

10 Each name you know of sisters at your table

10 Performed in front of audience recently

10 Been on a date with someone in past 2 weeks

10 You have at least one Christmas tradition

10 Watched less than 1 hr of TV today

10 Spent less than 1 hr on the internet today

10 Your visiting teachers came last month

15 You told someone you love them today

15 You had FHE this week

15 For each child you have

15 You talked to someone you didn’t know at church last Sunday

15 You asked a question about someone else’s life and really listened to their answer

15 You invited another person/family from church to do something recreational with you this month

25 You purposefully spent time with someone who is not a member of the church this month

\_\_\_ $ Total Social & Emotional Health

**$ Spiritual Health**

15 Picture of Christ hanging in your home

15 Picture of a temple hanging in your home

15 You made progress in changing a bad habit in your life this week

15 You finished Book of Mormon this year

25 Had family scripture study in the past 24 hrs

25 Been to temple at least once in past 30 days

25 Attended all 3 church meetings last Sunday

25 Personal scripture study in the past 24 hrs

25 Family prayers every day this week

25 You served a mission

50 Multiple temple visits in past 30 days

50 You have worked on family history this year

50 You acted on a prompting from the Spirit this week

50 You fasted at least once this month

\_\_\_ $ Total Spiritual Health

**Service**

10 Donated blood in past 3 months

10 For each church calling you did something for in the past month

10 Took stuff to DI in past 2 months

10 Wrote a missionary in the past month

10 Babysat for someone this month

10 You prepared dinner before coming

10 You supported someone else in their calling this month

25 You listened to someone who was having a hard time this week

25 You voted in this month’s election

25 October visiting teaching done

50 November visiting teaching done

50 You fasted to strengthen someone else this month in addition to Fast Sunday

\_\_\_ $Total Service

**Bonus Money!!**

50 Share with the sisters at your table your most embarrassing moment.

\_\_\_ $ Total Financial Health

\_\_\_ $ Total Mental Health

\_\_\_ $ Total Personal Growth

\_\_\_ $ Total Physical Health

\_\_\_ $ Total Social & Emotional Health

\_\_\_ $ Total Spiritual Health

\_\_\_ $ Total Service

\_\_\_ $ Bonus Money

**\_\_\_ $ Grand Total**