Life Inventory Assessment

Rate these areas of your life from 0-10, (0 being least satisfied, 10 being completely satisfied) in each area of your life according to your sense of fulfillment in that aspect of your life.

Areas of your life:

Home and Personal Space

Career

Service and Volunteering

Health

Finances

Leisure and Fun

Hobby and Creativity

Spiritual Growth

Education

Tribe and Friendships

Romance and Sexuality

Other?

Identify the 3 most fulfilled:

Identify the 3 least fulfilled:

What do you perceive accounts for the difference?

The Top Three Focus Areas

Now, narrow the twelve areas of your life down to your three top areas you wish to focus on. They DO NOT have to be the areas with the lowest rankings. Consider the areas that would have the greatest impact on your life. Write your three areas below.

What would a 10 out of 10 **look and feel** like in each of these three areas? Be specific!

Area 1_____ looks/feels like...

Area 2_____ looks/feels like...

Area 3_____ looks/feels like...

Now, in each of these areas, list the three most impactful actions that you can start taking now to move towards your 10 out of 10.

Area 1_____
Actions to take now...

Area 2_____
Actions to take now...

Area 3_____
Actions to take now...

Circle the ONE thing in each action area and decide right now to do this everyday or week as it applies. For now, we will practice the "power of less" until this behaviour/action is habituated before moving on to the next action step. Schedule this action into your day, morning time is best. It must be a priority for at least the next 21 days! CHOOSE IT ONLY IF YOU WILL DO IT!

Great work and congratulations! You have just created an action plan with concrete steps to create your life and answer your soul's cravings! You can repeat this exercise anytime you want to create a clear action plan with clear intentions. By doing this you are making the intentional ritual habitual.