

# LIFE INVENTORY & ACTION WORKSHEET

## STEP 1: TAKE INVENTORY

*Where are you now and where do you want to be?*

	Least Satisfied					Most Satisfied				
Career	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Primary Relationship	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Friends/Community	1	2	3	4	5	6	7	8	9	10
Home/Environment	1	2	3	4	5	6	7	8	9	10
Appearance	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Personal Growth	1	2	3	4	5	6	7	8	9	10
Spiritual Life	1	2	3	4	5	6	7	8	9	10
Recreation	1	2	3	4	5	6	7	8	9	10

*What would a perfect "10" look like in each of these areas?*

## STEP 2: TAKE CHARGE

*What is your plan of action?*

Select your lowest rated item above and write down 3 baby steps you can take to move toward your vision of the perfect "10" in that area.

Action Item #1 \_\_\_\_\_ Target Date: \_\_\_\_\_  
Action Item #2 \_\_\_\_\_ Target Date: \_\_\_\_\_  
Action Item #3 \_\_\_\_\_ Target Date: \_\_\_\_\_

## STEP 3: TAKE ACTION

*What are you waiting for?*

I will tell \_\_\_\_\_ about my goal so he/she can hold me accountable for completing it.