

INVENTORY: Your Internal Resources

EMOTIONAL	INTELLECTUAL	PHYSICAL
<ul style="list-style-type: none"><input type="checkbox"/> You feel valued and appreciated.<input type="checkbox"/> You believe when you put your mind to things, you can achieve anything.<input type="checkbox"/> You sense your work and your purpose is unaligned.<input type="checkbox"/> You feel invigorated by solving complex problems.<input type="checkbox"/> You have defined goals and specific visions for your future life.<input type="checkbox"/> You are reliant on yourself for positive reinforcement.<input type="checkbox"/> You see criticism as an opportunity to grow.<input type="checkbox"/> You see failure as an opportunity to improve.<input type="checkbox"/> You want to help others.<input type="checkbox"/> You believe there is an unlimited opportunity available to you.	<ul style="list-style-type: none"><input type="checkbox"/> You're craving a challenge.<input type="checkbox"/> You're not utilizing all the skills you've cultivated.<input type="checkbox"/> You invest time learning.<input type="checkbox"/> You find setbacks and failures as points of data vs. a personal attack.<input type="checkbox"/> You see opportunities to improve the way things are currently done.<input type="checkbox"/> You have a desire to leave the world better than when you left it.<input type="checkbox"/> Your work speaks for itself.<input type="checkbox"/> You see obstacles as clues for figuring out the way forward.<input type="checkbox"/> You understand what you do, say, and think has a direct impact on your actions.<input type="checkbox"/> You believe you are not entitled to success but have everything you need to achieve it.	<ul style="list-style-type: none"><input type="checkbox"/> You have free time.<input type="checkbox"/> You have a bedtime.<input type="checkbox"/> You prioritize light physical activity daily.<input type="checkbox"/> You have a track record of holding yourself accountable.<input type="checkbox"/> You have an easy time delaying gratification.<input type="checkbox"/> You know how to set goals and stick to them.<input type="checkbox"/> You have self-care methods that leave you feeling rejuvenated and rested.<input type="checkbox"/> You have a handle on your personal finances.<input type="checkbox"/> You know what fills you up and what depletes you.<input type="checkbox"/> You have good boundaries around your time and resources.
TOTAL: ____ /10	TOTAL: ____ /10	TOTAL: ____ /10

WHERE ARE YOU LIMITED?

WHERE ARE RESOURCES ABUNDANT?

WHERE DO YOU NEED TO INCREASE RESOURCES

WHAT STEPS WILL YOU TAKE?

1.

1.

2.

2.

3.

3.

4.

4.