

Preliminary Life Inventory Worksheet

BEFORE WE CAN FIGURE OUT HOW TO GET WHERE WE WANT TO BE, WE MUST FIRST understand exactly where we are. One of the best ways to do that is the Manual For Living Life Inventory Worksheet detailed below. There is another life inventory worksheet to complete at the end of this workbook once you have completed all of the exercises—this will allow you to track your progress.

Be HONEST with yourself!

You do not need to share this information with anyone, but do be honest with yourself. This is about YOUR happiness and YOUR well-being, so you need to be clear about the current condition of your life in order to get clarity around what you truly desire.

Rate the following on a scale of 1 to 5 (1 being least true and 5 being most true)

Date: _____

Physical

	1 2 3 4 5
I exercise at least 3–4 times per week where my heart rate is raised and I sweat.	
I work out my muscles multiple times per week and feel strong.	
I stretch, do yoga, and focus on keeping myself limber on a regular basis.	
I get adequate and sufficient sleep for my health and well-being every night.	
I get massages, facials, pedicures, or other physical treatments that feel good and make me happy.	
I have physical intimacy in my life.	
I practice moderation in my drinking, smoking, excessive behaviors, etc.	

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I feel good about myself.	
I am happy with my weight and how I look physically.	
Total Score:	

Health

	1 2 3 4 5
I eat healthy, natural or organic foods as much as possible.	
I minimize eating fried foods, excess salt, excess sugar, etc.	
I eat in a way that makes me feel good about myself.	
I take vitamins or supplements that support my health.	
I see a doctor or health practitioner on a semi-regular basis.	
I am not stubborn about my health. When I have issues, I get them looked at and follow the recommended protocol.	
I have health insurance or money available to care for my health.	
I drink plenty of water every day.	
I feel healthy.	
Total Score:	

Financial

	1 2 3 4 5
I have money for everything I require in life.	
Money comes to me easily and effortlessly.	
I give money to those in need on a regular basis.	
I have money saved in case of an emergency and for my retirement.	
I enjoy life and have money to do something special for myself or my loved ones whenever I want.	
I don't carry any revolving debt on my credit cards.	
I live below my means and am able to save money every month.	
I feel good about my financial health.	
Total Score:	

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Work

	1 2 3 4 5
I feel good about my work and enjoy getting up and going to work.	
I feel successful, fulfilled, and accomplished at work.	
I have a job that adequately compensates me financially for my contributions.	
I love what I do and would do it for free.	
I grow, learn, and expand myself professionally.	
Total Score:	

Spiritual

	1 2 3 4 5
I feel good about my spiritual beliefs.	
I have a community that supports my spiritual beliefs.	
I practice my spirituality on a daily basis.	
I live in accordance with my spiritual beliefs.	
I take time out of my day to meditate, connect with nature, or reflect on my life.	
I listen to my truth and follow it on a regular basis.	
I can distinguish my intuition from the noise in my head.	
Total Score:	

Emotional

	1 2 3 4 5
I spend quality and uninterrupted time with my family on a daily basis.	
I love freely and openly. I feel and share love with those around me.	
I feel loved by those around me.	
I am able to express myself openly and honestly.	
I have forgiven anyone and everyone who has ever wronged me.	
I have forgiven myself for anything that I have done.	
I take responsibility for my attitude and actions in life.	

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I work hard to become a better spouse, parent, child, friend, etc.	
Total Score:	

Mental

	1 2 3 4 5
I read information or books daily that are inspiring or educational.	
I am surrounded by people who inspire me to be more, to learn, to grow, and to reach for the stars.	
I have clear goals for my life that are displayed prominently and that I review on a regular basis.	
I stay positive and avoid drama and negativity.	
Total Score:	

Life

	1 2 3 4 5
I have hobbies that I enjoy on a regular basis besides work and family.	
I say YES to life. As opportunities present themselves, I say YES.	
I live my fullest expression of self every day.	
I am fully present to the moment before me.	
I express my gratitude and appreciation to those I love every day.	
I am constantly improving and committed to growth in every area.	
I LOVE my life!	
Total Score:	

SUMMARY OF SCORES: (Please transfer your total from each category).

Category	Score
Physical:	
Health:	
Financial:	
Work:	
Spirituality:	
Emotional:	
Mental:	
Life:	
Total (add up column)	

NOTE: If you want to complete this Life Inventory Worksheet again, you can download a free copy anytime from www.SethChernoff.com.

