

Your Life Inventory 5-Day Life and Career Clarity Challenge

We're all so busy in our lives that often we forget exactly where we are right now. Where are you in your life today? Where are you when it comes to your relationships, your career, your finances, your health and emotional balance?

If any of these four aspects of your life are out of balance you will find that you can feel drained of energy. When you start to take control of your life and tackle each niggly little thing that you are tolerating you will find that you have more energy, you feel mentally lighter and emotionally stronger too.

This Life Inventory will help you to get back on track. However, it's not a quick fix. Once you've completed your Life Inventory you will refer back to it every few weeks and the aim is that within the next 6 months you will make mini-improvements in each aspect of your life which will result in a positive difference in your life. You will become very aware of what is important to you and this, in turn, will make your decision-making so much easier and help to keep you on the right path towards the success you deserve.

How does it work?

1. Each day of the challenge, read each of the 20 questions in the exercise for the day and tick off what is true for you.
2. Score where you are today in that aspect of your life/career.
3. You will transfer the scores to the Life Inventory Chart you'll receive on Day 5 of the Challenge.
4. On Day 5 we will have a 1 hour 'live' webinar to set a plan of action based on your challenge results and set you on the path to personal happiness and job satisfaction.

Instructions:

1. Read each statement and tick the box ONLY if it is 100% true for you. Don't tick it if the statement is true only some of the time. If the statement does not apply to you and never will, you can tick it off. This is YOUR Life Inventory so if you need to change a statement to fit your situation better, you can do so.
2. Add up the number of ticks in the section you're working on each day, and write the total where indicated on the form.

FINANCES

- My income is stable and predictable.
- I currently save at least 10 percent of my income.
- I pay my bills on time, virtually always.
- I know what I need to become financially independent, and I've a plan.
- I have agreements with anyone to whom I owe money and my payments are up to date.
- I have six months' living expenses in a savings account.
- I live on a weekly budget that allows me to save and live comfortably.
- My tax returns have been filed, and my taxes have been paid.
- I currently live comfortably within my means.
- I have excellent medical insurance.
- My assets (car, home, possessions, treasures) are insured.
- I have a financial plan for the next year.
- I have no legal issues that require attention.
- My will is up to date.
- My investments don't keep me awake at night.
- I know what I am worth financially.
- I have good working relationships with people who can assist in my career.
- I'm rarely sick or need to take time off.
- I am saving enough money each month to reach financial independence.
- My income keeps up with or exceeds inflation.

Total _____