

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.

CAREER

- My work environment is productive and inspiring (good resources, not too much stress)
- I am on a career track that is, or will soon be, financially and personally rewarding
- I spend time getting to know others across other areas in my company.
- I take the time to learn new skills through training or offering to take on new projects
- I am earning what is fair compared to the time and effort I put into my work
- There are no loose ends I have to take care of at work
- I get along well with my colleagues and clients.
- I get along well with my manager and staff.
- I put people first and results second.
- I'm up to date with all my emails and calls.
- I don't complain, I state what I require.
- My files, papers and receipts are neatly filed away or taken care of.
- I'm not tolerating anything about my work.
- I am on time for meetings and never late.
- I have a mentor who can guide me in my career.
- I know where I'd like my career to take me in the next 3-5 years.
- I understand what my career options are within my current workplace.
- I look forward to going to work most days.
- I am technically and functionally capable of performing well in my role.
- I have as much autonomy as I need in my current role.
- I feel passionate about what I do and I do it well.

Total _____