

## 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. Refer to the number of items you have ticked off as being 100% taken care of in your Relationships, Financial situation, Health and Career.
2. Colour in the number of sections depending on the number of ticks you have checked in each aspect of your life.
3. At a glance you will see which aspects of your life need some work. Remember that this is a WORK IN PROGRESS over the next few months and you will keep colouring in additional sections as you take care of them.
4. You will find you'll feel lighter and happier as you get closer and closer towards taking control of more items in each section.
5. In order to take control, set SMART GOALS and a specific ACTION PLAN that will be explained to you in the 'live' 1 hour webinar on Day 5 of this Challenge.

## Life Inventory Chart

Start Date:	Interim Date:	End Date:
/80	/80	/80

	Finances	Relationships	Health	Career
<b>20</b>				
<b>19</b>				
<b>18</b>				
<b>17</b>				
<b>16</b>				
<b>15</b>				
<b>14</b>				
<b>13</b>				
<b>12</b>				
<b>11</b>				
<b>10</b>				
<b>9</b>				
<b>8</b>				
<b>7</b>				
<b>6</b>				
<b>5</b>				
<b>4</b>				
<b>3</b>				
<b>2</b>				
<b>1</b>				

Colour in each box in each column from the bottom up.  
Keep adding to this chart as you tick off more items in the 4 Life Inventory sections.