



THE LIFE INVENTORY

1. Set the timer for 3 minutes. Write your answers below to this question:

“What are all the things I’d like to ACCOMPLISH or COMPLETE in this lifetime?”



2. How do the things on your Life Inventory list coincide with your CAREER?

List below which ones do and how:

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→ Which one(s) of these can and will you do in the next 7 days?

3. The “One Week Left” exercise”: If you had only one week left in this lifetime, what would you do? How would you use your time?

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→ Which one(s) of these activities can and will you do in the next 7 days?

4. Reviewing Your Priorities: The first three exercises gave you quite an insight into your priorities. How would you define them and in what order?

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5. Now think back to our very first session when you defined your priorities.

Were they the same or have they changed in the past 5 months?

→ If your priorities have changed more than 50%, review how you can honor your schedule in the next 7 days to better align with your new priorities.

Action Steps:

1. Do the career/business item(s) you chose from the Life Inventory exercise.
2. Do the activity (or activities) you chose from the One Week Left exercise.
3. Course correct your daily/weekly activities, if your priorities have changed.

→ What are your main ahas from this week's topic on owning your inner power?

→ Is there anything else you'd like to commit to move even further forward?