Your Life Inventory Worksheet

An unexamined life is not worth living. – Socrates

An important step in the journey of intentional living is to cast our minds to our life lessons, loves, and regrets. Doing so allows us to come to an understanding of why we make the choices we make today.

So often today is colored by yesterday.

Let’s get clear on the past and bring ourselves into the present. Take your time. There are no right or wrong answers, nor is there any particular way to respond to the statements. Perhaps you feel moved to create a manifesto? A collage? A painting?

Move as your spirit moves you. Take all the time you need. And if you’ve not already done so, join us on the private Facebook group, Living Intentionally 2014, to share your experiences with this worksheet. Or you can drop me a line to let me know how it’s going, and what you thought of the process. I’d love to hear from you.

Many blessings on your journey. May you be happy, may you be peaceful, may you be free from suffering and the causes of suffering. May you live in this work with joy and ease.

Shine Brightly,
Sarah

For Consideration...

a. These things I have loved in life: things I have tasted, looked at, smelled, heard, touched
b. These experiences I have cherished
c. These ideas have brought me liberation
d. These beliefs I have outgrown
e. These convictions I have lived by
f. These are the things I have lived for
g. These insights I have gained in the school of life: insights into the world, human nature, love, spirituality, prayer
h. These risks I took; these dangers I have courted
i. These sufferings have seasoned me
j. These lessons life has taught me
k. These influences have shaped my life (persons, occupations, books, events)
l. These things I regret about my life
m. These are my life’s achievements
n. These persons are enshrined in my heart
o. These are my unfulfilled desires
p. This is my life anthem (poem, song, prayer, sketch)