

Taking Inventory

Much of my work is dedicated to helping you to get from where you are to where you want to be. And so one of the things you need to focus on is **where you are**.

What is the current state of your life and your work? What are the results that you are currently creating? You are either producing results or you are not. It's time to take inventory and start paying attention.

Look around at your life and the people in it.

Are you and they happy? Is there balance, beauty, comfort, and ease? Do your systems work? Are you getting what you want? Is your net worth increasing? Are you healthy, fit, and pain-free? Are you getting better in all areas of your life? If not, then something needs to happen, and only you can make it happen.

I want to encourage you to look at the seven key areas of your life, and ask yourself how satisfied am I in each area? And again be ruthlessly honest with yourself.

Let's start with the first area, financial.

Financial

Here are a few questions to prompt your thinking:

- *Are you making as much money as you want?*
- *Are you able to drive the car you want?*
- *Are you making enough money to pay your bills, pay off any debts you may have like college loans, car loans, mortgage payments, credit card bills, and so on?*
- *Are you saving and investing enough money for your retirement?*

- *Do you have the support you want from financial planners, accountants, investment advisors, and tax experts?*

Provide your answers below:

Work and Career

Now let's look at your work and career life. Here are a few questions to prompt your thinking:

- *In the area of work and career do you have a job you enjoy?*
- *Are you continuing to learn more so you can earn more?*
- *Do you enjoy your coworkers?*
- *Do you like who you work for?*
- *Is your job one that gives you a sense of meaningful purpose and leaves you feeling satisfied and fulfilled?*

Provide your answers below:

3 Relationships

Next let's review relationships. Here are some questions to prompt your thinking:

- *Are you happy with all of your relationships?*
- *With your family?*
- *With your friends?*
- *Are you lonely more often than you would like to be?*
- *Are all of your relationships loving, supportive and empowering?*

Provide your answers below:

4 Health and Fitness

Next let's review your health.

- *Are you pain free or suffering from chronic pain?*
- *Are you strong?*
- *Is your body as flexible as you want?*
- *Are you getting enough sleep?*
- *Enough exercise?*
- *Are you happy with your weight?*
- *Your overall appearance?*
- *Do you feel relaxed and stress free most of the time?*

- *Are you drinking enough water?*
- *Do you have a good doctor or doctors? Access to healers? Trainers? Physical therapists? Chiropractors? Massage therapists? Spa treatments?*

Provide your answers below:

Recreation Time

Next let's review how you spend your free time. Again, we'll start with a few questions to prompt you:

- *Do you have enough time to spend with your friends and family?*
- *Do you have enough time to do the things that bring you joy outside of work?*
- *Do you enjoy seeing movies, concerts, comedy?*
- *Do you like playing and watching sports?*
- *Pursuing your hobbies?*
- *Taking rejuvenating vacations?*
- *Traveling to the places you want to explore?*

Provide your answers below:

6 Personal Growth

Next let's review how you spend your personal time. Again, we'll start with a few questions to prompt you:

- *Do you have time to read the books you want, take the courses you want, get the training you want, get the coaching or therapy you want?*
- *Do you have the time to meditate, pray, attend church services, go to your temple or mosque, or to go on spiritual retreats?*

Provide your answers below:

7 Community

Next let's review how you interact with your community. Again, we'll start with a few questions to prompt you:

- *Do you have the time, money and resources to support the causes, solve the problems and make the difference you want?*
- *How do you support or give back to your community?*
- *Do you donate time or resources to causes you believe in?*

Provide your answers below:
