

ENGAGED LIFE INVENTORY

NAME _____ DATE _____

YOU HAVE SO MUCH TO OFFER THE WORLD, AND WE WANT TO HELP YOU CREATE A FUTURE THAT IS SIGNIFICANTLY BETTER THAN YOUR PAST!

The first step towards a better future is an honest reflection on the present. The 7 areas below will provide insight into how engaging a life are you living. As you work through this inventory, you will find areas where you can acknowledge yourself for the success you have created and areas where you may want to improve.

And because this is simply a snapshot in time, you have your entire future ahead of you to go to work on creating a more fulfilling and engaging life by consciously choosing new behaviors and habits that will help you make significant strides towards the future version of yourself you want.

This exercise is far from perfect so if you don't like a question, we might suggest that you simply skip it. Be honest with yourself and rank each of the statements below on a scale from 1 (Untrue of me) to 5 (True of me), then total your scores for each area.

PERSONAL PURPOSE

The purpose of my life is clear to me	
I feel that I have found my "calling"	
I am satisfied that I am making a difference with my life	
My work is fulfilling	
My talents and skills are well used in my work	
The people I work with and I are "on a mission"	
TOTAL	/30

RELATIONSHIP WITH A PARTNER

I am engaged in an intimate loving relationship	
I create romance in my life	
I have a partner that I share my life with	
TOTAL	/15

RELATIONSHIP WITH FRIENDS

I have a sufficient number of close friends	
My friendships nourish me	
I make myself available to my friends	
TOTAL	/15

RELATIONSHIP WITH FAMILY

I have created the experience of family in my life, whether or not it is with my biological relatives	
I am satisfied with the amount of contact I have with my family	
I am satisfied with the contribution I make to my family	
TOTAL	/15

PHYSICAL FITNESS

I consciously choose to eat foods that support my health	
I exercise regularly	
I get a sufficient amount of quality sleep	
TOTAL	/15

RATE EACH STATEMENT USING THE FOLLOWING SCALE:

1 UNTRUE OF ME
 2 SOMEWHAT UNTRUE OF ME
 3 NEUTRAL
 4 SOMEWHAT TRUE OF ME
 5 TRUE OF ME

MENTAL FITNESS

I don't worry about my financial situation	
I am not encumbered by excessive worries or guilt	
My mood is stable, without extreme highs and lows	
I engage in activities and learning that promote my personal growth	
I regularly engage in activities that renew my energy, like play, adventure, or leisure	
I do things to clear my mind of worry or fear	
TOTAL	/30

SPIRITUAL FITNESS

I have a belief system that sustains me no matter what circumstances life throws at me	
I have an active spiritual practice	
I think about the deeper meaning of life	
TOTAL	/15

SUMMARY

Personal Purpose	/30	=	%
Relationship With a Partner	/15	=	%
Relationship With Friends	/15	=	%
Relationship With Family	/15	=	%
Physical Fitness	/15	=	%
Mental Fitness	/30	=	%
Spiritual Fitness	/15	=	%

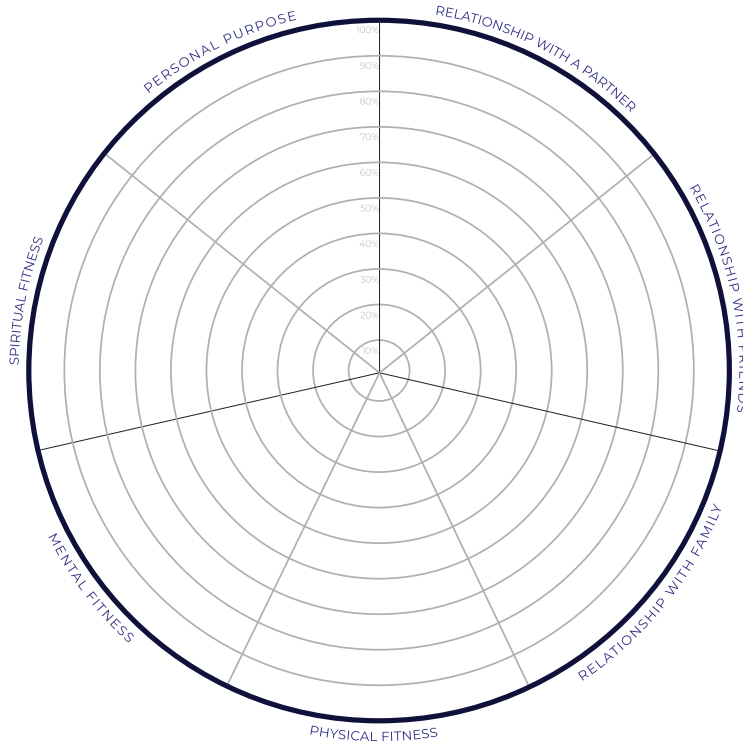
Transfer the information from the summary above by shading in the appropriate percentages on the Engaged Life Inventory wheel located on the following page.

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ENGAGED LIFE INVENTORY WHEEL

TAKE SOME TIME TO WRITE DOWN YOUR THOUGHTS ABOUT THE FOLLOWING QUESTIONS:



What habits will you commit to create a more Engaged Life in the Future?

As you review the totality of your Engaged Life Inventory, what stands out to you?

Who could you reach out to for support in creating a more Engaged Life?