

Date: _____ Location of writing: _____

Life Is Good Inventory

A. *List 6 things below that make your life good:*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

B. *List one quality, symbol, or personification for each on the lines below:*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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C. Write your qualities in the circle below:



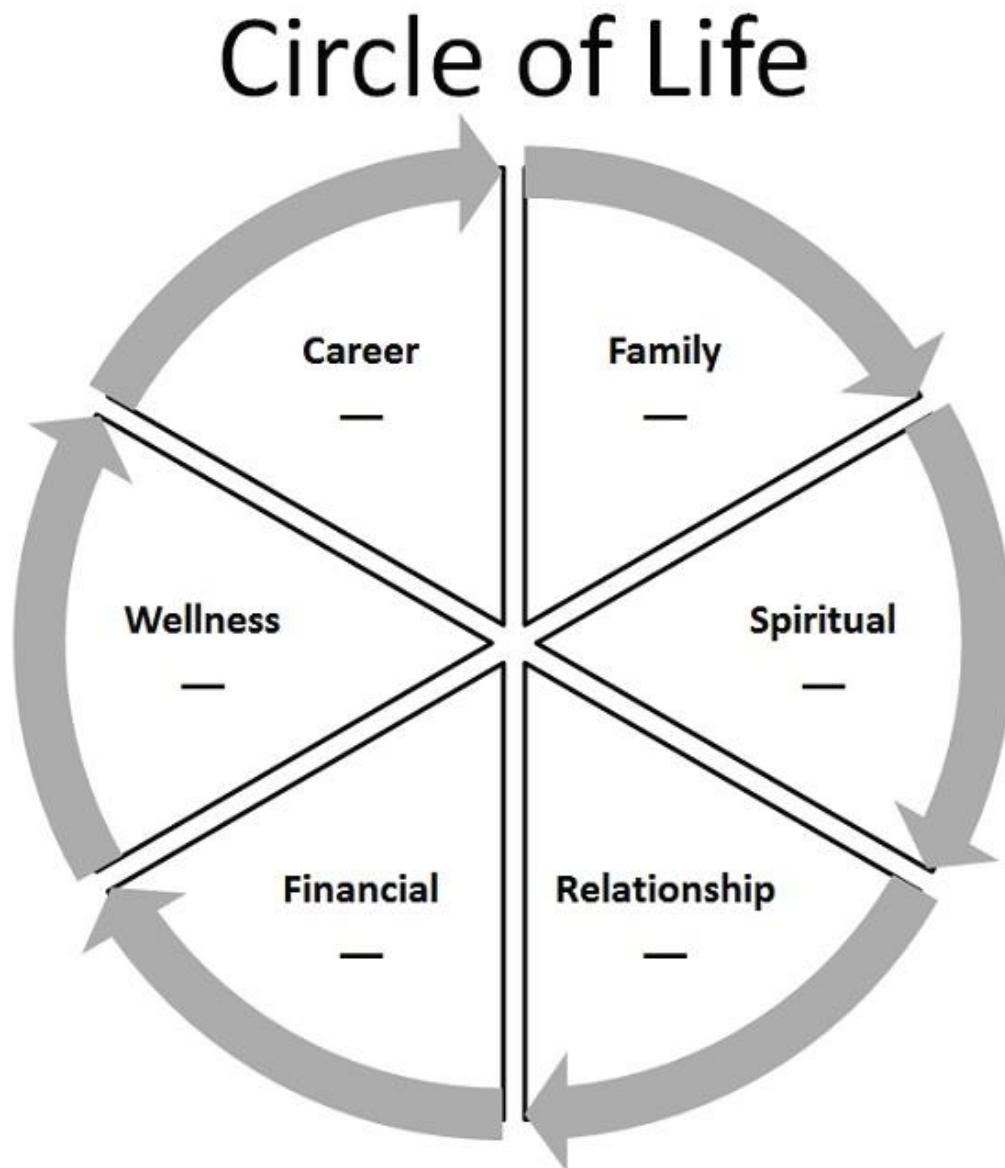
Think about the qualities or symbols that you have written in the circle above. . . do these words connect to any of the life categories in the Circle of Life on the next page? Write your words on the pieces of pie.

Here are the categories:

- *family:* _____
- *spiritual:* _____
- *relationship:* _____
- *financial:* _____
- *wellness:* _____
- *career:* _____

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Some qualities or symbols might fall into several categories. If so, that is great! Write your words in the pie below:



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D. Are there any areas that are looking a little skimpy?

If this is the case, maybe this is an area(s) that you might want to devote some focus, time, and attention to. List 3 things you might do or create or allow to make this/these areas of your life good:

Pie slice #1: _____

1. _____

2. _____

3. _____

Pie slice #2: _____

1. _____

2. _____

3. _____

Life is an epically lively event. Honor it with recognizing and appreciating what makes life good. Take a chance on a new choice . . . one that involves the power of Risk.

We grow when we choose.

Life is good.