

Taking Stock of Your Life Checklist

The following checklist will help you remember questions to ask yourself as well as steps to take to find where you are at this moment.

Steps to taking stock of your life:

1. Identify your truest self as you are right now. Don't think about the future. Don't think about things you wish you could change. Just think about yourself today.

2. Ask yourself questions like:

- Who am I?
- What are my strengths?
- What are my weaknesses?
- What do I value the most?
- Where am I at this moment?
- What am I doing and why?
- How did I get here?
- What do I really want right now?
- What things do I want to keep?
- What things do I want to get rid of?
- Am I happy?
- Am I satisfied?
- How do I really feel about my life right now?
- What are my goals and intentions in life?
- What roadblocks are keeping me from reaching my goals?
- How do I get what I want from life?
- What are my break-even points?

3. Reflect on each of the life categories that are most important to you. Remember, they are:

- Self-Worth and Fulfillment
- Personal Development
- Physical Environment

- Love & Relationships
- Personal Expression
- Fun and Recreation
- Social Life
- Happiness
- Finances
- Health
- Career

4. Make a commitment to change your life.
5. Take action to improve your life. Remember, these don't have to be huge steps all at once. Just make a point to do something positive every day for yourself.