



## Inventory of Your Life

Your life assets consists of all the things you've done that make you feel good about your life and all the qualities and characteristics that make you who you are, uniquely!

Think back to your early childhood and recall all the things you've done that you feel good about...moments when you shined, times when you felt really alive and in your essence.

Make a list of all your life **highlights, achievements, accomplishments, important moments, and meaningful moments** -- no matter how small or insignificant you think they are – from your childhood to the present. Be sure to include at least a few items for each decade of your life. With each highlight, achievement, accomplishment and special moment, include your age, if you can remember. Open yourself to include items from your life experience, your education, and your work/career – all facets of your life.

Indicate the events that were magical “aha!” moments with an asterisk \*

With each element on the list, write at least a short statement (feel free to add more) about why this was meaningful to you. To prompt your thinking, you might want to consider questions like, How did this touch you? What does it mean to you?

This activity is based on Deborah Price's *Money Magic*, with appreciation! Modifications by Dr. Susan Bernstein