

## ***Self-inventory***

In the following activity make a mental and emotional commitment that you complete the entire task, and you are doing so with the intent to see where you are and how you are with yourself. It is essentially an assessment or so called resource mapping. Feel free to return to the activity later if you can't complete it right away. (It is not a test, so you are not under time pressure. Take your time!) You may also revisit your self-inventory, update it, extend it or simply rely on it as a partial, private and confidential internal resource guide. (If you feel it is more appropriate, use your native language in your answers.)

**Answer the following questions truthfully and honestly,  
with the best of your knowledge as of today.**

I. What are those behaviors and beliefs that you have based your life on, until this point? (Collect the most profound guidelines you were indoctrinated in and accepted from your family, social network, church, schools, or society. Feel free to include negative (maladaptive) behaviors and beliefs that potentially affect your life as well.) Extend the list if you have more items than the space below, but collect at least 26 items.)

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2. \_\_\_\_\_
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6. \_\_\_\_\_
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25. \_\_\_\_\_
26. \_\_\_\_\_

II. Out of these behaviors, and beliefs which are those that you want to hang on as you feel and sense deep inside of you that leads you to a valuable and authentic life? Sort them out from task I, and write them down.

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3. \_\_\_\_\_

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17. \_\_\_\_\_

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12. \_\_\_\_\_

25. \_\_\_\_\_

13. \_\_\_\_\_

26. \_\_\_\_\_

III. Explain briefly in writing each and every item on your list in task II, why and how you see these items being influential and worthy to be adapted for YOUR life now. Start your self-probing first, by asking yourself the question: are these items healthy? Do they lead me to a profoundly valuable life? (If the answer is NO put it aside, if the answer is YES proceed with your explanation.)

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26. \_\_\_\_\_

IV. Separate those items from your previous list, - that you know in your head - are good and beneficial for you on the long run, but have or may have difficulty to realize/integrate them into your daily practice for some reasons? Number them and respond to each of them by asking yourself – what prohibits/hinders you to do so? Are there any conflicts between/among these items? (If YES explain)

Suggestion: try to come to an acceptable resolution in regard to those issues in the next 30 days. Make a commitment and revisit these topics every 2-3 days for a period of a month. Develop a personal and practical approach to each item – how you will tackle these items?

V. How will you let the results of your newly implemented assessment come to the surface on a daily basis? What do you need to change in your life now in order to better represent what you believe in based on what you have sorted out in task III? Please discuss it here.

VI. Can you identify and name any long term goals mission(s) in your life? What are those?

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VII. In what way(s) do you intend to realize these long term goals? Do you have a strategy? Please discuss it.

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VIII. Make a list with 10 goals that you wish to realize in the next 6 months. Write down what you will do and explain what may prohibit you to realize these goals. (Talk about the challenges, if there is any.)

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8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_