



Homework - Self-Assessment

Taking a Personal Inventory

- Personal Finance Inventory - Gather your personal finance info and compile it
 - What does it show you about you, your spending habits and your current income level?
- Personal Eating Inventory - Gather your personal eating info and compile it
 - What does it show you about you, you're eating habits and it's likely effect on your current health level?
- Gather your physical activity info and compile it
 - What does it show you about your current level of activity and it's likely effect on your energy level and your ability to physically and mentally function?
- Gather your spiritual activity info and compile it
 - What does it show you about your current spiritual level and it's likely effect on all of your relationships?
- Gather your relational activity info and compile it
 - What does it show you about the level of your current relationships and it's likely effect on the quality of your life and the lives of all you have relationships with?
- Gather your social/community activity info and compile it
 - What does it show you about your current quality and quantity of your social and community activities and it's likely effect on the quality of your life and the lives of those you socialize with and those that are part of your community?