

# PERSONAL INVENTORY

Extracted from the book *C the Change*  
(Authored by Dr. Catherine)

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**Dear reader,**

Let us venture into the different rooms of your life. This is an activity you can do all by yourself or you can ask somebody to walk through this with you. Whichever way suits you best, do it with:

- **HONESTY**
- **VULNERABILITY**

Please rate the following areas in your life by giving it a numerical value. How you award a rating depends on your own view of your life, your situation, your expectations, your desired state and so forth. No rating is 'right' or 'wrong' but states merely how it is 'right now' at this current moment.

From 10 that means at this point, things cannot be better. And then, values down the scale where 7 could mean very good, 5 can mean contentment or satisfaction but some changes are needed, 3 could mean unhappy or dissatisfied, and ultimately a 1 score would indicate desperate unhappiness, rock bottom stuff.

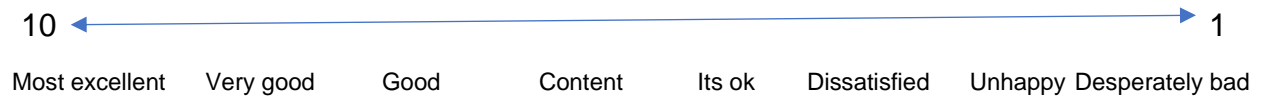
Remember, this is for yourself. Be honest.

Rate yourself and your life. Do the reflections also. Do NOT skip the reflections. Here is a warning. Sometimes, your coping mechanisms will lead you toward denial, avoidance, suppression, and over-simplification of the things that make you feel uncomfortable. Because of the energy it will take to dive deeper. Don't allow it, for goodness sake. Command your properties to gift you with the moments of truth and insight that you need in order to be real. To become real. Or to at least desire it.

Do the reflections for both high and low ratings. We don't just need to change where things are bad. Sometimes we need to change because things are too great. Think about that! Success right now could be your worst enemy for future opportunities.

For example, I had a fabulous career before I started my consulting business. If I was too caught up in my promising career within a corporate company, I would not have started my business. I am so happy that I could recognise my success, and still desire something else. I wanted to have control over my own life and my offering to this world. What this suggests to you, is that change may not only be needed where you award lower ratings, because it may go very well in a particular area but upon your reflections, you may still recognise a need to change or explore options

Are you ready? Rate and reflect on all of the areas that are relevant or applicable to you:



**1. Your true self / The condition of you**

<p>How are you really doing?</p> <p><b>Rating (10 to 1)</b></p>	<p>Reflections:</p>
<p>Your happiness level</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

<p>The accomplishment of your dreams, desires and what you see for yourself, apart from anyone else</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>The Condition of your Heart (how you feel)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>The Condition of your Mind (how you think)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>The Condition of your Spirit (how you influence)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>The Condition of your Self-esteem (how you esteem your own value)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

<p>The Condition of your own Self-Confidence (how secure you feel with who you are and your place in this world)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Have you dealt with your past pain points?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

## 2. Your intimate spaces

<p>If you are in an intimate relationship / married / partnered with another person, how is that relationship doing?</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>If you are a parent, how well do you feel you are doing in that area? How is your relationship with your child / children – biological, adopted and children just accepted into your life...</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>How is your close family life? What is happening in this space that make you feel the way you do?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

### 3. Your social connections

<p>How would you rate your extended family connections and relations? This includes family members not so close to you...</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>Think about your best friends (friendships) who you trust with all of your heart. They are in your most intimate space as friends. How is it going in this area?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Do you have extended friendships or people you are friendly with in general? How are those relations doing?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

**4. Your Work life / What you do every day (includes moms taking care of their families)**

<p>How do you feel about what you do with your life? The work you do / how you spend your days?</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>Rate the people you are surrounded with each day – how you see them, the nature of your relations with them, what your inner state is as a result of these relations</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Rate your work environment, the vision you have for your future and how much meaning you see in your daily investments of your time, energy, intelligence, focus and commitment in what you do</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

## 5. Your spiritual self

<p>What do you believe?</p> <p>(Maybe this is not a rating, but just some reflections?)</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>How would you rate your own spiritual growth and standing with what you believe? Are you true to your convictions and do you believe you live your life according to what you believe is right?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>To what degree does your spiritual life impact and add to other people's life? Are you making a difference?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>



## 6. Your intellectual and personal development

<p>Are you growing as a person? Do you challenge yourself? Do you learn, expand and apply your mind?</p> <p>Where have you grown this past year especially or what have you done to go to your next?</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>How would you rate your own vision for your future and what you see as your next? Do you believe you can accomplish it?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Do you feel you are stimulated enough? Do you have opportunities or an environment that allows you to grow?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

## 7. Your physical body

<p>How is your body doing? How would you rate its condition? Also consider how you are feeding it...</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>Health-wise: How would you rate your own health levels, considering all you know about your lifestyle and what your body is telling you?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Your fitness levels – Do you adhere to your body's need to keep it fit in some way?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>

## 8. General

<p>How are you doing financially? Are you responsible with money and how you spend money?</p> <p><b>Rating</b></p>	<p>Reflections:</p>
<p>Your ability (skills) and capacity (able to receive) and willingness (attitude) to cope with the demands in your life – are you coping?</p> <p><b>Rating:</b></p>	<p>Reflections:</p>
<p>Your overall quality of life</p> <p><b>Rating</b></p>	<p>Reflections:</p>

<p>Please rate whether there is a need to change something or some area on your life. If a high need for change, rate 10. If no need, rate 1</p> <p><b>Rating:</b></p>	<p>What needs to change?</p>
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**How did it feel for you to do this assessment?**

**Did you find anything uncomfortable?**

**What is your most significant acknowledgement?**