

Life Giving Inventory

<u>Biological</u>	<u>Psychological</u>
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<u>Social</u>	<u>Spiritual</u>
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Answer the question: **What brings me life/happiness in each category?**

Biological- Physical activities and/or habits focused on energy release; ie. exercise, hike in nature, walk on beach, yoga, meeting daily water goals, favorite foods/drinks

Psychological- Mental and emotional habits and/or activities focused on emotional release; ie. self kindness journaling, meditation, artistic expression (paint, clay making, sketching)

Social- Intentional experiences with relationships that are meaningful; ie. favorite places to visit/eat/drink, concerts/sporting event, social gatherings/activities (coffee, art class)

Spiritual- Intentional experiences that help create a meaningful connection with something bigger than self; ie. walking in nature, religious gathering, volunteering

Steps:

Brainstorm- Write down at least 3 ideas/practices in each category. Some items will cross over to other categories and that's ok.

Choose- Identify your top 5-7 ideas/practices from the brainstorm list

Track- Review the 5-7 ideas/practices daily, then weekly. Recognize days/weeks where its easier or harder to complete the practices and be curious (ask why).

I hope this tool can help you discover your self care plan!