

Healthy Life Inventory

A Healthy Life Inventory is a way of intentionally consider and order our lives, especially as it relates to spiritual growth. It is meant as a tool to help you prioritize what is important and not only what is urgent. This exercise is designed to both describe your life as it is now and also to prescribe practices for growth.

Keep in mind this is a living document that will grow and change as you also grow and change. As you complete the chart attached, build it out of a true reflection of who you are, who you desire to be, what you value, and how you currently spend your time. Ultimately, this chart will help you see the gaps that currently exist partnered with the action needed to close that gap and create a life where your personal values are the foundation of the way you live.

INSTRUCTIONS:

- Observe the area (Example: Spiritual). Ask yourself what you *currently do* daily to grow in that area and write key words for current practices. Then, ask yourself what you *desire to do* daily to grow in that area. Then, move on to the next square.
- Complete the chart by filling in each column vertically (Area 1, daily, weekly, monthly, quarterly, annually; Area 2, daily, etc.)
- If completing this exercise with another person, review your responses together in each area before moving on to the next area.
- Go back and circle the things you are not currently doing but desire to do.
- Place your complete chart in a place you will see it and can incorporate practices into daily living.

We have included an example for your reference.

Healthy Life Inventory

	Spiritual	Mental & Emotional	Relational	Physical	Domestic & Financial	Vocational & Mission
Daily						
Weekly						
Monthly						
Quarterly						
Annually						

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	Spiritual	Mental & Emotional	Relational	Physical	Domestic & Financial	Vocational & Mission
Daily	Prayer Bible Study Evening Prayer with Kids	Enjoy Coffee Meaningful Conversation (1x)	Couple Time Night Routine with Kids Morning playtime	Drink Water Vitamins Bed at 10:30pm Limit Sugar	Laundry (1 load) Dishes (1 load) Pick up before 8pm Kitchen Clean Up	Email Social Media
Weekly	Church Small Group Family Night	Read before Bed	Meet w/ friend Small Group Devo Time w/ husband	Walk/Exercise 3x per week	Meal Plan Grocery Shop Bathrooms	Website Review Volunteer Check-ins
Monthly	Spiritual Direction & Mentoring		Date night Mom's Ministry Attend CRAVE	Hair Appts	Tithe Ministry Giving Dust	Staff Mtg Serve @Church Review Budget Event/Team Mtg
Quarterly	Attend Spiritual Growth Event (Conference, Workshop, etc.)			Dentist appt (2x per year)	Change Season/Size of kids clothes	Create Curriculum Board Mtg
Annually	Personal Retreat	Personal Retreat	Anniversary Trip	Well-Check OBGYN Massage	Create new Revise Budget	Leader Retreat Role Review Budget Business Plan