

Life Intentions Inventory

Do you lose energy and focus as you go for your personal and professional goals? Are you overwhelmed, "stuck" and not sure of your next step? Do you want to give up on your goals because you're totally frustrated? Are you resigned to the fact that you will never attain your dreams?

To know your life intentions gives meaning and relevance to your life. You are called to make clear decisions and to take actions with ease that bring you closer to your goals. Your life intentions are what get you out of bed in the morning and makes life worth living!

My intentions are to be:

	1	2	3	4	5
1. Financially successful					
2. Physically fit and healthy					
3. A successful artist, sculptor					
4. A successful musician, composer					
5. A successful author, playwright, poet					
6. A contributor to my community					
7. A visionary leader					
8. A great (loving) family member*					
9. Spiritually developing					
10. A well-respected professional					
11. An effective manager					
12. An effective teacher					
13. Well-educated					
14. A generous friend					
15. A creator of beauty					
16. An effective coach					
17. A successful business owner					
18. An effective healer					
19. Well-traveled					
20. An effective mentor					
21. A successful entrepreneur					
22. An adventurer					
23. An effective therapist					
24. An effective minister					
25. Politically active					
26. A successful communicator					
27.					
28.					
29.					
30.					

*Using this form, please look at the intentions that are **currently** important to you. Five (5) is "very important" and one (1) is "relatively unimportant." Please remember that this is only a snapshot in time; a reflection of where you are now. Your rating of these intentions will fluctuate with time, so doing an inventory 2-3 times a year is suggested. As you move forward with your life intentions, you reconnect with the core values and dreams that rise above your everyday thoughts and feelings. As you focus on those intentions, you will feel lighter and more energized as you reach for the goals that are important to you.*

**Fill in the blank here. Examples include: mother, father, aunt, uncle, grandmother, etc.*