

MY LIFE INVENTORY

If you want to understand God's will for your future, learn from your past experiences. Since God planned your shape before you were born, what you were good at when you were 5, 10, or 15 years old, you'll be good at when you're 65. So look for repetitions of abilities you've used in different circumstances.

Make a list of your enjoyable achievements in life. They don't have to be big. Only two requirements:

1. They must be something you have done well.
2. They must be something you enjoyed doing.

(Try to get 5 or 10 experiences in every 10 year period of your life).

- What did I do good and enjoy doing growing up?
- What did I really like about this?
- What was so fulfilling about it?
- What skills are showing up here over and over even in different situations?
- What used to make me happy?
- What used to make me sad?
- What things used to get me angry?
- What did I feel very strong about?
- What was I most afraid of?
- Looking back, in what ways did I used to follow others and in what ways did I used to lead others?