

Personal Inventory of Potential Changes

WHAT CHANGES DO I WANT TO MAKE IN MYSELF IF ANY?

“Man looks on the outward appearance, God looks on the heart.” 1 Samuel 16:7

We will start with the physical and work inward:

What changes would I make in myself physically, if any, not counting the cost yet?

Factors to consider:

1. Appearance: how do I look? How is my sleeping? How am I eating?
2. Environment: how do I like where I live and the way I live?
3. Work/job: how do I like how I spend my time earning a living?
4. Home: how do I like my home life and how I spend my time at home?
5. My day: is it structured the way I want it to be doing what I believe I would like to be doing in the way I would like to be doing it most of the time?
6. Free time: what do I do in my free time and do I enjoy and/or benefit from it?
7. Organization: do I like the way my life is organized?
8. Finances: do I like the way I acquire and spend or use my money?
9. Energy: as I think about the above, do I like where I am spending my energy and effort?
10. Simplicity: is there a better or simpler way?

Consider the above and write your thoughts and reflections below. You are not agreeing to change anything, just thinking about possibilities for the future.

MENTALLY

What changes would I make in myself mentally if I could change anything I wanted to?

Factors to consider include but are not limited to the following.

1. What I think about.
2. Do I think about negative or positive things?
3. Am I a pessimist or an optimist?
4. What do I put into my mind (focus my attention on)?
5. What do I read?
6. What kind of information sources do I use?
7. How much TV time do I have and what do I watch?
8. How much computer time do I have and what sites do I use?
9. What radio and music do I listen to?
10. If I had to spend time acquiring information or knowledge, whom would I ask or how would I do it?
11. What do I think about my ability to concentrate on a task?
12. How is my memory for different things?

If I think about all the different ways I acquire information, am I satisfied with the types and fund of information I have and am I content with how and how much I think? Take some time in the space below to think through your answers. What changes would you make, if any?

EMOTIONALLY

Now think about how you feel.

1. Are you emotionally stable?
2. Do you feel up and down?
3. Are there times of the month, seasons of the year, or even days of the week that you feel better or worse?
4. Is there a time of the day that you feel best or worst?
5. Do you feel rested when you wake up in the morning?
6. Do you sleep well at night?
7. Do you have nightmares or bad dreams?
8. How are you eating? Do you eat when you are tense or to relieve pressure or anxiety or do you eat more or less if you are depressed?
9. Do you feel anxious or depressed? If so, what makes you anxious or depressed?
10. When is the last time you felt anxious or depressed? What made you so? How did you get over it?
11. Do you ever get angry or feel afraid? What makes or made you angry or fearful? How did you deal with it?
12. Do you ever feel joy or happiness? What makes you happy or brings you joy?

Please think about the above and respond below:

Are there any changes you would like to make in the emotional area?

Experientially

The experiential area has to do with the meaning and purpose of our life. If we feel and believe our life has meaning and significance, we are encouraged and proceed through the day. If we are too stressed and believe our life has little or no significance, we may become bored, distressed, angry or depressed.

Consider below what makes your life significant and what contributes to and relieves your stress.

1. Do you feel your life has purpose?
2. Who is in charge or control of your life?
3. How would you describe your current stress level? Is this more or less than it was in the past?
4. Where do you derive your meaning?
5. What experiences in your life have given your life meaning?
6. How do your beliefs affect how you spend each day?
7. If you could change your life in any way to give it more meaning and purpose or to lower its stress, would you?
8. What changes would you make in the experiences of your life?
9. What experiences would you like to have that you have not yet had?
10. What experiences if any have you had that you would rather not repeat?
11. If you died today, what difference would your life have made? Who would mourn you and why?
12. Below write your epitaph (obituary), as you would like it to read at the end of your life.

List below the degree or amount of stress in your life and where it comes from.

Answer the questions above as you reflect on your life and existence.

Write your obituary (on the back) as if you were writing it now and then write it as if you were writing it from the end of your life as you *would like it to read*.

Changing: making the necessary changes in me in order to change the one I love.

People do not change because we want them to. They usually do not change because we ask them to. They only change as we change. They change as a result of the changes we make first. If we don't change, they won't change. Our changing creates a crisis in them that allows and brings forth change. We cannot predict the direction of the change in them whether it is good or bad. We can only know that without a crisis, one that is created by our changing, they probably will not change. People change indirectly as a result of our directly changing ourselves.

- 1. What changes do I want to see in the one I love? Be specific. What are the observable and measurable changes I want and need to see?**

- 2. Why do I believe or feel these changes are necessary?**

- 3. What would happen if these changes were not made? How would it affect the quality of my/our life?**

- 4. What is it worth to me to see and experience the changes I want to see in the one I love? What sacrifices am I willing to make?**

- 5. Am I willing to change to bring about the crisis of change that it will take in order for the one I love to change?**

- 6. What changes do I need to make in myself in order to bring about the specific changes I desire to see in the one I love? Be specific. What are the observable and measurable changes I need to make?**

7. Am I willing to make these changes? What will it cost me in time, money, and energy?

8. Do I have the capacity or the ability to make the changes I need to make in order to bring about changes in the one I love? Do I need help to change first? What do I need help with?

9. Would it be better, not easier, to not change and just accept the way things are? Why or why not?

10. What do I need to pray about and whom do I need to involve in my change process in order to indirectly influence the changes the one I love needs to make?

11. Where or with what change do I wish to start? Which change in the one I love is most important for me and what change do I need to make in myself in order to see it?

12. How long am I willing to work on this change? How much energy am I willing to expend on this change? What will it cost me personally to make my change? Am I willing to do this?

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