



Reclaim Your Life: Step 2 Taking Inventory

Last month, you worked on Cultivating Your Vision. This month's assignment gets more specific by taking inventory of how you currently engage your energy and attention. Look at your schedule and commitments to see where your time, attention, and energy gets invested or spent. Be mindful of where any judgment pops up - of yourself or others. That may not feel helpful—but it is information, which is valuable as you decide what to double down on and what to release.

This exercise creates a baseline for what you've got going on right now. Knowing your baseline lets you know when, where, and how much capacity you have for change. Without this assessment, you can make too many changes too fast and before you know it—pouff! the wheels of your current life fall off.

The goal of this process isn't to blow up your life, but to create a path or a process to getting you to a life you envision, long for, and dream about. This Earth School journey is not a dress rehearsal. It's your life. Work this second 30-days of the 90-day process to sort through every possibility—and get clear on which possibilities are right for you!

Current Energy, Attention Inventory

1. How many hours per week do you invest in these areas:

Career / Work: _____

Family / Home: _____

Community: _____

2. How many hours per week do you invest in these areas:

Your emotional health: _____

Your physical health: _____

Your intellectual & mental health: _____

Your financial health: _____

Your goals & dreams: _____

3. Compare the time investment.

Is it balanced in a way that supports you working towards your vision?

If not, look at your overall schedule, perhaps at a week or a month to identify where you can cut back or step away from all together in order to reinvest your life force in a way that is consistent with your vision from last month's [Cultivating Your Vision work](#).



Make a separate list of what you are ready and willing to release.

Make or adjust your list of what you'd like to bring more of into your life in 2022?

By energetically preparing in this way, you have already begun to clear the path for the New Year—setting the stage for your success with next month's practice.