

# SOUL EMBODIMENT

Wellness Coaching

## Internal Inventory Checklist

### IT'S TIME TO TAKE INVENTORY

How are you feeling about each area of your life on a scale o 1 to 10? (1 being not so good and 10 being incredibly good)

Spirituality	1 2 3 4 5 6 7 8 9 10	Home Environment	1 2 3 4 5 6 7 8 9 10
Social Life	1 2 3 4 5 6 7 8 9 10	Energy	1 2 3 4 5 6 7 8 9 10
Confidence	1 2 3 4 5 6 7 8 9 10	Focus	1 2 3 4 5 6 7 8 9 10
Sleep	1 2 3 4 5 6 7 8 9 10	Health	1 2 3 4 5 6 7 8 9 10
Relationships	1 2 3 4 5 6 7 8 9 10	Boundaries	1 2 3 4 5 6 7 8 9 10
Finances	1 2 3 4 5 6 7 8 9 10	Support	1 2 3 4 5 6 7 8 9 10

Overall, I feel

Connected to myself

Disconnected from myself

### EMBRACE YOUR POWER

If you feel disconnected, how do you want to feel? Please circle all that apply.

Loved	Fulfilled	Joyful	Calm
Strong	Grateful	Happy	Playful
Empowered	Energized	Productive	Spontaneous
Confident	Balanced	Safe	Other: _____

What can you do today to start feeling more connected to yourself? \_\_\_\_\_

\_\_\_\_\_

What has you feeling the most alive and vibrant? \_\_\_\_\_

\_\_\_\_\_

What is your intuition telling you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_