

Emotional Inventory Worksheet

1. Review Your Past Conduct

- How have you shown up in your relationships, work, and personal goals?
- Are there moments or patterns you're not proud of? Write them down honestly.

2. Identify the Nature of Your Shortcomings

- What emotions or beliefs influenced your actions?
- Were there fears, insecurities, or habits driving your choices?

3. Consider What You Should Have Done Instead

- If you could go back, how would you handle things differently?
- What lessons have these experiences taught you?

4. Consider How Your Actions Have Affected Your Relationships and Self-Perception

- How have your choices impacted your connection with others?
- How do they shape the way you see yourself today?
