



Life Inventory

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Taking honest stock of how you spend your life—and where it aligns with what you truly want—is the first step toward intentional change. Begin by naming your goals, then notice how you currently use your time, money, energy, and resources.

What are my goals?

How do I currently use my...?

Time

Money

Energy

Resources

What am I willing to sacrifice from above to achieve my goals?

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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