

# Personal Inventory

## PART I

Directions: The following is a list of personal benefits and circumstances a person may have as part of his or her life. Please check each one which describes you and makes your life more meaningful.

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| <input type="checkbox"/> Physical health           | <input type="checkbox"/> Ability to draw                  |
| <input type="checkbox"/> Mental health             | <input type="checkbox"/> Ability to sculpt                |
| <input type="checkbox"/> Intelligence              | <input type="checkbox"/> Ability to enjoy music           |
| <input type="checkbox"/> Emotional strengths       | <input type="checkbox"/> Ability to create music          |
| <input type="checkbox"/> Family                    | <input type="checkbox"/> Ability to laugh                 |
| <input type="checkbox"/> Youth                     | <input type="checkbox"/> Ability to make others laugh     |
| <input type="checkbox"/> Sexuality                 | <input type="checkbox"/> Ability to organize              |
| <input type="checkbox"/> Unique personality        | <input type="checkbox"/> Ability to lead                  |
| <input type="checkbox"/> Born in this country      | <input type="checkbox"/> Ability to contribute to a group |
| <input type="checkbox"/> Living in this century    | <input type="checkbox"/> Ability to be a friend to others |
| <input type="checkbox"/> Opportunity for education | <input type="checkbox"/> Sympathy for others              |
| <input type="checkbox"/> Technology                | <input type="checkbox"/> Belief in self                   |
| <input type="checkbox"/> Communications            | <input type="checkbox"/> Ability to make people laugh     |
| <input type="checkbox"/> Cultural heritage         | <input type="checkbox"/> Ability to give                  |
| <input type="checkbox"/> Safety                    | <input type="checkbox"/> Ability to accept gifts          |
| <input type="checkbox"/> Freedom                   |   |
| <input type="checkbox"/> Financial stability       |   |
| <input type="checkbox"/> Ability to dance          |   |
| <input type="checkbox"/> Ability to sing           |   |
| <input type="checkbox"/> Ability to act            |   |
| <input type="checkbox"/> Ability in athletics      |   |
| <input type="checkbox"/> Ability to speak          |   |
| <input type="checkbox"/> Ability to paint          |   |

Please add other personal circumstances which are meaningful to you.

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