

## SELF-INVENTORY AND HEALTH CHECK

ON A SCALE OF 1-10, HOW AM I DOING IN RELATIONSHIP TO THE FOLLOWING:

FINDING A VISION OR HOPE FOR THE WORLD

1-----5-----10

NOTES:

ENGAGING AND WORKING WITH MY DESPAIR AND CYNICISM

1-----5-----10

NOTES:

CONNECTION TO MEANING AND JOY

1-----5-----10

NOTES:

CULTIVATING PRACTICES AND TRADITIONS THAT CONNECT ME TO SPIRIT

1-----5-----10

NOTES:

RELATIONSHIP TO MY BODY

1-----5-----10

NOTES:

RELATIONSHIP TO THE EROTIC

1-----5-----10

NOTES:

RELATIONSHIP TO MOTHER EARTH

1-----5-----10

NOTES:

RELATIONSHIP TO MY BLOOD ANCESTORS

1-----5-----10

NOTES:

RELATIONSHIP TO MY CHOSEN ANCESTORS

1-----5-----10

NOTES:

CONNECTION AND INTIMACY

1-----5-----10

NOTES: