

## **Stacy Kenny Mitchell**

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## **Personal Inventory Worksheet**

Date:		
What is your greatest fear? _		
How are you feeling (mental	ly, physically)?	
First word that comes to m	ind regarding	
your body	your health	
your social life	your relationships	
your finances	your home	
your career/job	your well-being	
your life in general		
Complete the following:		
I want to		
feel		
change		
connect with		
learn		
believe		