

A Daily Inventory: Self-Inquiry

When investigating the fourth law – I am not exempt, taking an inventory of what is happening in the present moment can help navigate the vicissitudes of life. We have designed this inventory to practice a pause throughout the day.

We recommend that you set an alarm on your phone or complete the process at each meal break, pick the timing that feels comfortable. You may choose to write answers in a notebook or draw in a journal. Feel free to reflect on all the questions or just choose one or two; it is offered as an opportunity to notice the everchanging nature of our lives.

Upon waking:

- How am I?
- Who or what is nourishing me?
- What do I need to write down to clear my mind?
- What intention will I create today?
- What conversations call to me today?
- What actions require my attention?
- What foods nourish me?
- What foods don't work for me?
- Who can I tell I love?
- What needs completing?
- Where can I invest my time, money, or talents today?
- Where can I help?
- What is enough today?

Noon:

- What can I acknowledge and appreciate myself for in this moment?
- Is my breath flowing throughout my body?
- Are there urgent matters that require my attention?
- Are there things I planned to do that aren't as relevant as I thought?
- Is the intention I set this morning present for me?

Evening:

- What am I grateful for?
- Where did scarcity grip me?
- Where did I feel connected today?
- What do I need to do, say, or write to be complete for this day

