

## Tero International Life Inventory Worksheet

Without thinking too deeply, take a few minutes to write down as many answers to the following questions as come to mind. The more spontaneous, the better.

When do I feel fully alive? What things, events, activities, etc., make me feel that life is really worth living, that it is great to be me and to be alive?

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What do I do well? What have I contributed to the life of others? What skills do I have mastery of? What do I do well for my own growth and well-being?

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Given my current situation and aspirations, what do I need to learn to do?

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What wishes could I be turning into plans? Are there any dreams I've discarded as "unrealistic" that I could start dreaming again?

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What underdeveloped or misused resources do I have? (resources might be material things or talents or friends, etc.).

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What could I start doing now?

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What could I stop doing now?

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Seek feedback from others who know you well. They may suggest additional responses to add to your list.



**Tero International**  
1840 NW 118<sup>th</sup> Street, Suite 107, Des Moines, Iowa 50325  
515-221-2318 [training@tero.com](mailto:training@tero.com) [www.tero.com](http://www.tero.com)

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