A 2020 INVENTORY EXERCISE

created for you
by Mary DeMuth

2020 Inventory

LOOK BACK OVER YOUR YEAR
AND THOUGHTFULLY ANSWER THESE QUESTIONS

WHAT WERE MY GREATEST CHALLENGES THIS YEAR?

WHAT WERE MY GREATEST VICTORIES?

WHAT EVENT HAD THE GREATEST IMPACT ON ME?

HOW DID THAT EVENT CHANGE ME?

WHO HAD THE GREATEST IMPACT ON ME THIS YEAR, AND HOW DID THAT PERSON SHAPE ME?

Physical Health

HOW DID I ACHIEVE MY EXERCISE GOALS?

IN WHAT WAYS DID I POSITIVELY AFFECT MY HEALTH?

HOW DID I SLEEP?

WHAT EFFECT DID PHYSICAL HEALTH HAVE ON ME THIS YEAR?

HOW HAS MY EATING BEEN THIS YEAR?

WHAT DO I REGRET IN MY PHYSICAL HEALTH?

Spiritual Health

WHAT PRAYERS DID GOD ANSWER?

WHAT DO I CONTINUE TO PRAY FOR?

WHAT ROLE DID THE BIBLE PLAY IN MY SPIRITUAL GROWTH?

WHAT ROLE DID COMMUNITY (OR LACK OF IT) PLAY IN MY WALK WITH JESUS?

WHO HAS ENCOURAGED ME THE MOST IN MY RELATIONSHIP WITH GOD?

WHO HAVE I ENCOURAGED THIS YEAR TOWARD SPIRITUAL GROWTH?

Emotional Health

HOW DID I PROCESS MY STRESS THIS YEAR?

WHAT DID I GRIEVE THIS YEAR?

WHAT DID SELF CARE LOOK LIKE FOR ME THIS YEAR?

HOW HAS ISOLATION IN THE PANDEMIC AFFECTED MY EMOTIONAL HEALTH?

HOW HAVE I PRACTICED RESILIENCE?

WHAT HAVE I STRUGGLED MOST WITH IN TERMS OF MY MENTAL HEALTH?

Economic Health

HOW DID MY ECONOMICS CHANGE THIS YEAR?

WHAT FINANCIAL GOALS DID I ACCOMPLISH? WHERE DID I STRUGGLE?

HOW WELL DID I BUDGET FOR DAILY EXPENSES?

HOW MUCH WOULD I LIKE TO HAVE IN A RESERVE SAVINGS FUND?

IN WHAT WAYS HAVE I TRUSTED GOD FOR PROVISION?

WHEN HAS WORRY ABOUT FINANCES SIDELINED ME?

Skills Health

WHAT DID I LEARN NEW THIS YEAR?

WHAT BOOK(S) DID I READ THAT CHANGED THE WAY I THINK?

HOW DID I TANGIBLY ENCOURAGE OTHERS THIS YEAR?

WHAT IS THE ONE THING I WISH I WOULD HAVE LEARNED THIS YEAR?

WHAT HABIT DID I PRACTICE CONSISTENTLY IN 2020?

WHAT HABIT DID I WISH I HAD PRACTICED CONSISTENTLY IN 2020?

2021 Looking forward

HAS GOD GIVEN ME A VERSE OR WORD FOR THE YEAR? IF SO, WHAT IS IT?

WHAT ONE THING DO I WANT TO DO EVERY DAY THIS YEAR?

MY 5 TOP FIVE PRAYER REQUESTS:

WHAT IS MY MOST IMPORTANT GROWTH GOAL THIS YEAR?

WHAT SPIRITUAL HABIT DO I WANT TO PUT INTO PRACTICE THIS YEAR?

IN WHAT WAYS DO I NEED TO PRIORITIZE MY HEALTH?