

# THERAPY INVENTORY

Use three words to describe  
how you want to feel in a year

Explore each area of your life and what  
is working or not working

Physical

Mental Health

Emotional

Spiritual

Professional

Family

Romance/Sexual	
Financial	

- Answer the following questions about yourself:
  - What makes me happy?
  - How genuine am I in my relationships?
  - What parts of my life don't reflect who I am?
  - What values are important to me?