

Inventory Labels

- W what made today great?
- A what made today awesome?
- E what were you excited about?
- 😊 what were you happy about?
- ☹️ what were you sad or worried about?
- G what are you grateful fo?
- F what was fun?
- 😄 what made you laugh?
- ~ what was I doing when I got into a flow state?
- P what did I do with my family?
- R what realization did you have? What did you remember?
- + what did you do well?
- what didn't go so well? What were my shortcomings
- L what did you learn?
- H what did I do that was healthy?
- ⚖️ what did I do that was unhealthy?
- D what was I tempted by?
- NM did I stop to ask "What do I want now? What do I want most?" What did I decide?
- C who did you connect with?
- 🗞️ what did you say "no" to?
- O opportunity I took or could be missing
- 10 personal inventory: what emotional disturbances did I have? Do I owe anyone an apology?
- T what was today for?
- 3 what are the three most important things I need to do tomorrow?
- \$ money made
- 💰 money spent
- K what will your kaizen goal be for tomorrow?
- N what did you change your mind about?
- M are you moving towards or away from your goals?
- ➔ action item
- 👁️ what should I pay more attention to?
- ⚡ what danger was I in or did I notice?
- S whom did I serve? How was I of help to the community or to an individual?
- ĭ what coïncidences did I notice? What common ground did I discover with someone?
- ? what questions do I have?
- Y what fantasy did I have?
- ⤴️ what reality did I face?
- U what was left unresolved?
- 20% what part of the 20% that is most important to me did I put time and energy into?
- X what did you fix, repair, or organize? How did you impinge on entropy?