

# Inventory

## Strategy #1 to Ignite your Feminine Wisdom

What do you value?

By affirming what is already in place, you build your inner strength. You position yourself to create the future you most desire. Asking yourself positive questions brings out the best in you! And, you will make a bigger difference in what matters the most to you.

Your steady confidence will grow to match and support the scope of your own wisdom as you appreciate your life as it is today.

### Action:

Take an inventory of all you have and what you already have in place. Do this today, right now. Start your list. What are the little things in your life, relationships, and work that matter to you? Feminine wisdom recognizes the value of “what is so.”

What do you appreciate?

*Internally* – health, daily practices, exercise, spiritual devotion, attitudes, beliefs, what you love (is it books? outdoor adventures?), knowledge, abilities, skills, work experience

*Externally* – people, friends, projects at work, mentors, colleagues, home, church, land, school, community, garden

What is already in place that you count on or value? Jot down a list of your internal and external Personal Inventory for work and home and choose 3 to list here that make a big difference for you.

### Internal

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

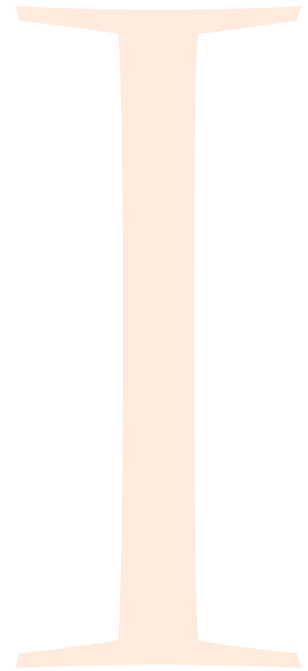
### External

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now go to the **IGNITE Workbook Action Plan** on page 18. Fill in your priorities for this week in the “I” section. Where will you put your attention to affirm and build your Inventory this week?



*Use the questions on the pages that follow as talking points in your women’s group or book club. Take them with you into sleep or on a bike ride. Where do you feel most “out of balance” or needing a tune-up? What’s really working? Journal your answers in quick “top of mind” thoughts, or in a longer meditative reflection. Enjoy!*