

SELF-INVENTORY



What does self-inventory mean?

Self-inventory is a personality inventory where a person is asked about a list of traits and characteristics that describe or indicate behaviors and hypothetical choices they have made.

Please try and ask yourself these questions every night before you go to bed:

1. Did I show kindness and love to others today?
2. Did I have a positive attitude today?
3. During interactions with people I was curious about, did I accept their differences today?
4. Did I communicate in a polite tone of voice and use encouraging words with others today?
5. What did I do today to inspire someone today?
6. When I worked together with people today, did I welcome other people's ideas?
7. Was I a good listener today?
8. Did I use my talents to help someone today?
9. Did I help or coach someone to accomplish a goal they have been trying to achieve?
10. Was I a genuine person today, absent of sarcasm?

Recap

Some of these questions may not apply to you every day because you may not have interacted with others. If you answered no because you failed at one or more of these, I would suggest you look at some different solutions until you can answer yes to each of these questions that apply to your day!

This is a great lesson to do individually or with your family! I encourage you to do this daily as it creates dialogue, encourages communication and unfolds areas of opportunity that we can address sooner than later.

I would be happy to answer any questions you may have to help you through this exercise or if you would like to share your answers. Please contact me through my website at www.christophermilo.com

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