

THE CLARITY INVENTORY

The Clarity Inventory has everything to do with emotional wellness. Through my research, I have realized that there are a handful (plus one) of areas in a person's life that need attention and if someone feels pleased with how these areas manifest themselves, then they often feel a healthy life balance which is pretty important for emotional wellness. I think it's a work in progress always...meaning the goal is balance but perhaps a perfect balance isn't ever completely possible to maintain and that's totally ok. Perfection is never the goal in the work I do with clients. **NEVER.**

The areas of importance are, in no particular order, self-expression, physical health, sense of community, living environment, sense of purpose and spirituality*.

**In my work, spirituality means a connection to yourself as well as to something bigger than you: it's the human experience of being connected to something outside of physical and material things.*

The inventory is simple and yet can be taken (way) deeper if desired. It may be helpful to ponder the following kinda bland but important questions before moving forward:

SELF-EXPRESSION

- + How do you describe creativity?
- + What outlets currently allow you to be creative? Think of how you present yourself to the world whether through appearance, the written word, architectural designs, etc. etc.
- + How has your self-expression transformed over time?
Are there any crafts/skills/trades you are interested in learning?

PHYSICAL HEALTH

- + How do you prefer to get exercise?
- + How "clean" is your diet?
- + Do you know your top values?

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+ How often are you active? Keep in mind exercise can look like housework, using the stairs rather than elevator, play wrestling your kids/dog/goat, etc.

+ Is there any type of physical activity that you would enjoy to do that you are not currently doing?

SENSE OF COMMUNITY

+ Who do you include in your definition of community? Who is your tribe? Your tribe is your nearest and dearest people and is a part of your community.

+ How has your community/tribe changed over the years?

+ Do you currently feel you have a strong, supportive and caring community/tribe? Do you have a sense of place? Are you excited to live where you do?

LIVING ENVIRONMENT

+ What do you believe your living environment should look like?

+ Are you currently pleased with the aesthetics of where you live?

+ How would you describe your home? Does this description positively and authentically represent you?

+ How much of what is in your home brings you joy?

SENSE OF PURPOSE

+ What does it mean to you to have a life purpose?

+ Was there a time in your life that held more purpose than today?

+ What to you is a life well-lived?

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SPIRITUALITY

- + How do you connect to a higher power?
- + When do you feel most connected to you? (When do you feel most at ease with yourself?)
- + Do you practice gratitude?
- + How do you bring spirituality into your daily life?

Grab a plain piece of paper and fold it into three even sections (the hamburger way). Label the 6 sections so that each component of Emotional Wellbeing is represented.

Now, start to list how each shows up in your life. For example, under self-expression maybe you write: wear unicorn socks, doodle excessively, write poetry, keep a journal, create badass programming, etc.

When you are done with the lists is there anything that stands out to you? Take note in which areas you are strong in? Which areas could use some TLC? What shifts can you make to have a more balanced life? Are you being realistic given how much energy you have and how many hours are in the day? Please set yourself up for success and reassess often.

A digging deeper clarity exercise (why underlined?) would have you doing a totally honest exploration of how you spend your time followed by an evaluation of how these activities serve (OR DON'T) your emotional wellbeing. In other words does spending hours on Instagram fall into any of these components?

Another digging deeper clarity exercise would have you find how you can allow for overlap in the emotional wellbeing components and to intentionally do so. So, for example, while wearing unicorn socks (self-expression) and riding the elliptical machine (physical health) at a class you take with a friend (community/tribe) or listening to a podcast on a subject matter you value (purpose) and when you are done offer a shout out of gratitude for time well spent (spirituality).