



Lifestyle Inventory

Instructions: For each Lifestyle area, please note what is working and what is not working.



LIVELIHOOD & LIFESTYLE

(career, money, work, home, space, possessions, fashion, travel)

WHAT'S WORKING: 

WHAT'S NOT WORKING: 

Based on best-selling book by Danielle LaPorte, *Desire Map*



CREATIVITY & LEARNING

(artistic and self-expression, interests, education, hobbies)

WHAT'S WORKING: 

WHAT'S NOT WORKING: 

Based on best-selling book by Danielle LaPorte, *Desire Map*



BODY & WELLNESS

(fitness, food, rest & relaxation, mental health, healing)

WHAT'S WORKING: 

WHAT'S NOT WORKING: 

Based on best-selling book by Danielle LaPorte, *Desire Map*



RELATIONSHIPS & SOCIETY

(romance, friendship, family, collaborating, community, causes)

WHAT'S WORKING: 

WHAT'S NOT WORKING: 

Based on best-selling book by Danielle LaPorte, *Desire Map*