



Lifestyle Inventory Assessment

Purpose: This self-assessment helps you reflect on your current lifestyle, priorities, and needs during a period of change.

Instructions: Circle or mark the number that best represents your current situation.

1 = Strongly Disagree / Very Unsatisfied

5 = Strongly Agree / Very Satisfied

1. My daily routine feels manageable. 1 2 3 4 5
2. I have enough energy for my typical day. 1 2 3 4 5
3. I feel productive or purposeful most days. 1 2 3 4 5
4. I have flexibility in how I spend my time. 1 2 3 4 5

5. My living space supports my current needs. 1 2 3 4 5
6. My home is easy to maintain. 1 2 3 4 5
7. I feel comfortable and safe where I live. 1 2 3 4 5
8. My home reflects my current lifestyle (not a past one). 1 2 3 4 5

9. My physical health allows me to do what I want to do. 1 2 3 4 5
10. I manage stress in healthy ways. 1 2 3 4 5



11. I feel emotionally supported. 1 2 3 4 5

12. I prioritize self-care. 1 2 3 4 5

13. I feel connected to others. 1 2 3 4 5

14. I have people I can rely on. 1 2 3 4 5

15. I spend time with people who energize me. 1 2 3 4 5

16. I feel included in my community. 1 2 3 4 5

17. I understand my current financial situation. 1 2 3 4 5

18. My expenses match my current lifestyle. 1 2 3 4 5

19. I feel financially prepared for upcoming changes. 1 2 3 4 5

20. I know where to find help or resources if needed. 1 2 3 4 5

Reflection:

What feels hardest about your current transition?

What feels most exciting or positive?

What do you want more of in this next phase of life?

What do you want less of?