

Alicia's Sample Personal Inventory
September 4, 2004 through June 4, 2005

Physical

- Overall theme: *preparing for the back 40!*
- Specific focus
 - Only tea after 10pm
 - 15-45 min. daily stretching/sit-ups
 - Consult with a physical trainer

Family

- Overall theme: *protect one on one time*
- Specific focus
 - Every other week date night with Bear
 - Once a week date with Keona or Jona
 - "Live in the moment"
 - monthly date with mom

Intimacy with God

- Overall theme: *protecting concentrated time*
- Specific focus
 - Try to have morning time before kids awaken
 - monthly solitude retreats

Home

- Overall theme: *working toward finishing the addition*
- Specific focus
 - 30 min. daily cleaning
 - work with/make space for Bear to work on house weekly

Friendships

- Overall theme: *nurturing deeper relationships*
- Specific focus
 - Twice a month with Leah, Leila, Kristina
 - Once a month time with Jennifer, Beth, & Sandi

Ministry--October

- Overall theme: *decrease admin, increase creative space*
- Specific focus
 - Train assistant with admin keep-up
 - Prioritize creativity intensive tasks before admin daily