

## The Happiness Game – and Your Five-Dimensional Personal Inventory

### Instructions

- First, make a list of your ‘blessings’ for your personal inventory – these are items that you would *miss* if you *did not* have them. Make a different inventory list for each of your five dimensions.
- Start by taking an inventory of your physical blessings, then your financial blessings, then your spiritual ones mental/intellectual blessings, and finally, your emotional/social blessings.
- Second, in each dimension, try to *categorize them*. This means you must put them in priority order. For example, if you listed both your eyesight and the use of your hands on your physical blessing list, decide which is more important to you. If you had a choice to keep your eyesight or your hands, which would you choose? Arrange the order so that your top blessings are on top. Your mind is not focused on what you *do have*.
- Now, every day for the next 30 days, try to add to the list, and re-prioritize them. Whenever you find yourself focused on what you *do not* have, or some loss or adversity, find it and put it on your personal inventory. This will put it in perspective. How valuable is it? Where does it go in the priority list? If you sprain your ankle – is that more vital than your eyesight? Were healthy, strong, pain-free ankles even *on* your inventory?

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<b>Blessing Inventory Board: (Criteria: If I lose this, it will upset me)</b>					
<b>ORDER</b>	<b><u>Physical Blessings</u></b>	<b><u>Financial Blessings</u></b>	<b><u>Spiritual Blessings</u></b>	<b><u>Mental/Intellectual Blessings</u></b>	<b><u>Emotional/Social Blessings</u></b>

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