

HYB

HONE YOUR BRAND

THE
FOUNDATIONS
INVENTORY

*A 10-minute audit of where you are,
what you have, and what to focus on next.*

CLARITY TODAY | A STRONGER TOMORROW

OI

WHERE AM I RIGHT NOW?

Take an honest look at your current reality. Rate each area from 1-10.

LIFE AREA	1	2	3	4	5	6	7	8	9	10	QUICK NOTE
HO Home / environment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
HE Health / energy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
MO Money / finances	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
WO Work / career	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
RE Relationships	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
EM Emotional well-being	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>
GR Personal growth	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	<input type="text"/>

What stands out when you look at these ratings?

02

WHAT'S WORKING?

Growth starts with seeing what is already working - not only what is wrong.

What am I already doing well?

What should I keep doing?

03

WHAT NEEDS REFINEMENT?

Be honest, not harsh. Identify what needs attention.

What am I avoiding, neglecting, or tolerating?

Where do I need more structure, discipline, or support?

04

WHAT DO I ALREADY HAVE?

Before focusing on what is missing, take inventory of what is already available.

SK

SKILLS / KNOWLEDGE

TE

TIME / ENERGY

PR

PEOPLE / RELATIONSHIPS

TP

TOOLS / POSSESSIONS

MA

MONEY / ACCESS

EO

EXPERIENCE / OPPORTUNITIES

05

WHAT LIFE AM I BUILDING?

This is not about a perfect life. Get clear on how you actually want to live and show up.

How do I want my everyday life to feel?

How do I want to show up at home, at work, and in my relationships?

06

WHAT CAN I DO NOW?

Use what you already have to make your current situation better.

ACTION	WHAT I ALREADY HAVE	WHEN
I		
2		
3		

MY FIRST MOVE

Within the next 24 hours, I will:

*You don't have to search for your best self.
Cultivate and refine the self you already have for the life you want to build.*