

# Daily Personal Inventory

A tool for identifying feelings and emotions during this season where it can be hard to name/ untangle/ address all that we are experiencing in a day. Designed to be lightweight and easy to use, begin with INSPECT then, move into the PRAY section. In your time of prayer consider what can help you engage: Walking, writing, typing, drawing. What would it be like to draw yourself in the emotions you are feeling? Or to draw out how you experience those emotions? If you would like to dive a little deeper, move on to the REFLECT section and work through the prompts that are helpful to engage with. There is no expectation that you would use every part of this tool- different sections will be useful on different days. Your answers are for you, they can be as brief or detailed as you would like. **All fields have text boxes. Click or tap directly below the question to begin writing in that section.**



## INSPECT

**Heart: Check the feelings you resonate with today (Or, add your own words at the end)**

Angry	Overwhelmed	Lonely
Sad	Unfocused	Disconnected
Tired	Loved	Depleted
Hungry	Uncertain	Other...
Grateful	Hopeful	_____
Content	Agitated	_____
Joyful	Irritable	_____
Exhausted	Over-stimulated	_____
Checked-out	Energized	
Fearful	Focused	

## Body

Notice and become aware of your body. Are there places of tension or discomfort? Where?

Spend a few minutes breathing into those spots and relaxing those areas (jaw, shoulders, forehead, neck, hands, gut, legs, feet).

## Mind

What concerns/worries/messages are dominating your thought life? What have been the narratives of your internal self-talk?



## PRAY

In prayer, simply name these feelings before God.

You may also utilize the [The Daily Examen](#): Slowing down to be aware of God's presence in your life



## REFLECT

Consider the questions below and note your responses in writing, drawings, or prayer.

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**Name what was difficult or challenging in your day:**

**What brought relief, hope, joy, or gratitude in your day:**

**Grace for myself looks like** \_\_\_\_\_.

**Grace for others looks like** \_\_\_\_\_.

**Pick one feeling you noted above that stands out to you and work through the prompts below.**

Today I am focusing on \_\_\_\_\_.

- I think I am feeling this way because:
  
- When I feel this way I tend to respond by:
  - How I would like to respond is:
  
- A healthy way I can process this feeling/ emotion is to:
  
- As you reflect on that feeling, what is standing out to you as you sit in that emotion? Can you imagine God with you and tending to you? What might God's invitation to you be?



## CONNECT

Do you want to talk through what came up in your reflection with someone?      YES      NO

Who might that person be? NAME \_\_\_\_\_

When do you want to reach out to them? DAY/ TIME \_\_\_\_\_