

Outline for Individual Inventory to be done whenever an issue/energy/emotion that is unresolved arises with any person, place, or thing.

<b>Step 1</b>	<b>Mark with an X</b>	<b>Step 2</b>	<b>Step 3</b>	<b>Step 4</b>
<b>Identify the Issue</b>		<b>Acknowledge it is yours</b>	<b>Align your will to the will of a higher power, God/Universe, etc</b>	<b>Give God/Universe/Higher Power permission to heal you.</b>
Fear				
Anger				
Resentment				
False Pride				
Gluttony				
Jealousy				
Envy				
Lust				
Guilt				
Shame				
Laziness				
Dishonesty				
False Identity				
Self-Centered				

If there are any issues that you are embarrassed about, tell someone out loud about it. Do not allow your ego to hid behind silence, logic, darkness, or fear. Allow/Invite the issue to come to light to begin the process of healing.