This week we’re diving into a practical application of Step 4.

A business which takes no regular inventory usually goes broke. Taking an inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the value of the stock. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, they must be honest with themselves about the value of the product on its shelves because this is the product that IS the business.

Just like the products on a business’ shelves drive their success & failure, so the thoughts & beliefs on the shelves of our consciousness drive our success & failure in our adventure of life.

Resentment & thought fear seem to be at the core of our spiritual dis-ease. When we get rid of these from our mental shelves – as we upgrade our spiritual inventory – we heal mentally and physically.

There are as many different ways to do an inventory as there are programs and people. The gospel according to Google is one place to find some of them. It is recommended that we do three main worksheets taking stock of our resentments, our fears, and our behaviors that hurt ourselves & others.

Here’s a sample format:

**RESENTMENTS WORKSHEET**

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| --- | --- | --- | --- |
| **I resent…**  List all people, places, things, institutions, ideas or principles with whom you are angry, resent, feel hurt or threatened by. | **Because…**  What happened? Be specific. | **This affected my…**  Specifically, how did or does it affect the seven parts of self? (Self Esteem, Pride, Emotional Security, Finances, Ambitions, Personal Relations, Sex Relations) | **My part in this is…**  What was my responsibility in this? What might I have done differently? Was I dishonest, selfish, self-seeking, frightened, inconsiderate, unconscious, etc...)? |
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**FEAR WORKSHEET**

|  |  |  |  |
| --- | --- | --- | --- |
| **I’m afraid of…**  List all people, places, things, institutions, ideas or principles with whom you are angry, resent, feel hurt or threatened by. | **Because…**  What happened? Be specific. | **This affected my…**  Specifically, how did or does it affect the seven parts of self? (Self Esteem, Pride, Emotional Security, Finances, Ambitions, Personal Relations, Sex Relations) | **My part in this is…**  What was my responsibility in this? What might I have done differently? Was I dishonest, selfish, self-seeking, frightened, inconsiderate, unconscious, etc...)? |
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**HURTFUL BEHAVIORS WORKSHEET**

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| --- | --- | --- | --- |
| **I engaged in…**  List all behaviors, especially behavior patterns, that hurt you and others in any way. | **Because…**  What happened? Be specific. | **This affected my…**  Specifically, how did or does it affect the seven parts of self? (Self Esteem, Pride, Emotional Security, Finances, Ambitions, Personal Relations, Sex Relations) | **My part in this is…**  What was my responsibility in this? What might I have done differently? |
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**POSITIVE ACCOMPLISHMENTS WORKSHEET**

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| --- | --- | --- | --- |
| **I’m proud that…**  List all people, places, things, institutions, ideas or principles with whom you have a positive relationship. | **Because…**  What happened? Be specific. | **This affected my…**  Specifically, how did or does it affect the seven parts of self? (Self Esteem, Pride, Emotional Security, Finances, Ambitions, Personal Relations, Sex Relations) | **My part in this is…**  What was my responsibility in this? What lessons can I pull forward and use to improve other areas of my life? |
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