



INWARD GAZE

INSTITUTE

Take some time and visit each aspect of your life and develop your intent for your life. Write down each question for your life as it is right now. Then go through and write down how it would be ideally. Keep both versions in a safe place. At the end of the year, revisit each version and evaluate your progress.

Spirit (Heaven)

- What kind of experiences do I have in life?
- What kind of experiences do I want to have?
- What kind of experiences would I like to have more of?
- What kind of volunteer or charity work do I engage in?
- How much do I give to charity?
- How well do I know myself?
- How much time do I spend alone?
- How much time I spend studying myself?
- Do I study the history of my own life? Do I extract the lessons from it?
- Do I love myself?
- Do I meditate?
- Do I turn off my conscious mind?
- Do I practice being in the moment and being present?
- How do I contribute to my own life? My partner's life? My family's lives? My friend's lives? My audience's lives? To society? To lives of others in general?
- How and what do I do to express the gratitude that I have for life and all that I have in life?

Mind (Heaven)

- What sorts of things do I want to learn?
- What do I do to go learn them?
- What are my default thought patterns? Are they negative or positive?
- What is my ideal thought pattern?
- What do I do to develop new and updated thought patterns?
- What new habits do I want to develop?
- What old habits do I want to get rid of?
- What kinds of books do I read? How often?
- What kinds of audios and videos do I listen to and watch? How often?
- How often do I attend events with like-minded people?
- How much do I expose myself to TV, movies, music, news, magazines, and other media?
- What am I doing to cut out the potential negative influences and negative thought patterns from my life?

Emotion (In Between)

- How do I want to feel on a daily basis?
- How do I want to feel at the end of 2014?
- On average, where am I on the emotional tone scale and how many levels do I want to go up by the end of the year?
- What balance of adventure and stability am I looking for this year?
- What do I do for fun/leisure/entertainment? How much time do I have for them?



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Energy (In Between)

- How energetic do I want to be on a daily basis?
- How motivated am I?
- How much drive do I have on a daily basis?
- Do I have abundant, unfocused energy or do I have a lack of energy?
- How much passion do I show in each of my actions, no matter how big or small?
- Am I full of life? How does it show up? How would an outside observer know?

Social (In Between)

Relationship/ Partner

- What does my partner look like?
- What qualities do they have?
- What do they mean to me?
- What about them balances and fulfills me?
- What are they good at that I am not?
- What are our daily interactions like?

Family

- What is my relationship with my father like?
- What is my relationship with my mother like?
- What is my relationship with each of my siblings like?
- Do I have children? How many? What are they like?
- What is my relationship with my children like?

Friends

- Who is in my inner circle?
- What impact do they have in my life?
- What sorts of things do we do together?
- What do we talk about?
- How do we mastermind/have fun together?
- How often do I see them?

Pets

- Do I have pets? What kind? What are they like?

Acquaintances

- What are my interactions with acquaintances like?
- How often do I see them?
- What am I looking for from them? Am I evaluating them to see if they will enter my inner circle?
- How often do I talk to strangers?
- Do I start conversations with strangers?
- How approachable am I?
- What is memorable about me?



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Coworkers

- What are my interactions with coworkers like?
- Do we like each other? Get along with each others?
- How much do I know about them and they know about me?
- Do we do anything outside of work?

Teachers/Mentors

- How often do I see them?
- How do I recognize and appreciate them?
- What is my interaction with them like?
- Do I have a personal relationship with them? Or would I rather hide in the crowd?

Audience

- How do I interact with my audience? (email, videos, Facebook, etc)
- Why do they follow me?
- What value do they get from me?
- What value do they provide for me?

Body (Earth)

- How is my diet?
- How is my fluid intake?
- What kind of exercise/sport do I do?
- How is my physical health?
- How strong and vibrant am I?
- What is my body shape (body fat percentage, body weight)?
- How do I dress?
- How is my body language?
- How do I present myself to the world? From a single glance, what are the 3 most common adjectives strangers would use to describe my appearance?

Environment (Earth)

- What does my home look like?
- How clean is it?
- How organized is it?
- Where is it? What sort of views does it have?
- What does my workspace look like?
- How clean is it?
- How organized is it?
- What does each room in my home look like?
- How clean are they?
- How organized are they?
- What kind of car do I have?
- How clean is it inside and out?
- How well maintained is it?
- What environments outside my local area am I exposing myself to?



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- How far and how often do I travel outside my home and workplace? Outside my local area? Outside my city? State? Country?
- What sort of physical and material possessions do I have?

Financial/Work (Earth)

- What is my total income?
- What is my earned income?
- What is my portfolio income?
- What is my passive income?
- How much savings do I have?
- How much debt do I have?
- How much are my monthly expenses?
- What is my total income to expense ratio?
- What is my passive income to expense ratio?
- What percentage of my total income do I save?
- What percentage of my total income do I invest?
- What percentage of my total income do I donate?
- What percentage of my total income do I spend?
- What do I do to make money?
- Does my money work for me?
- If I work, what do I do? What is my title?
- Do I have my own business? If so, what is it?