

## **My Personal Inventory**

### ***Building Mindfulness***

Mindfulness is one's ability to consciously be self-aware and practice self-management; a moment-by-moment awareness of the present; the ability to be open and attentive to people and the world around you. Practicing mindfulness is proven to result in a variety of physical, psychological and social benefits. Mindful people tend to be resilient and strong in the face of stress because they are committed and attend to personal renewal. They also learn from experiences faster and better than most. It's well proven that mindfulness works. Mindfulness can help you be happier and reduce stress. Sustaining mindfulness amid constant career and life pressures is not easy. How do we build mindfulness? Let's begin with a personal inventory. Answering the following questions will help you identify what you value in life, both personally and professionally, and what might be bringing you down.

***What activities do I consider of greatest worth in my life?***

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***What activities do I consider of greatest worth in my work?***

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***What am I currently doing in my life that I like?***

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Accendo Leadership Advisory Group  
Building Mindfulness Personal Inventory

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*What am I currently doing in my work that I like?*

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*What am I currently doing in my life that I don't like?*

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*What am I currently doing in my work that I don't like?*

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