



Intentionality Inventory

The purpose of this exercise is to help create greater awareness and intentionality in how you use your Top 5 talents on a daily basis. For one week take at least 5 minutes at the end of your day and fill in how you used each of your Top 5 that day. (It's OK if you can't think of something for all 5.) If you want to go the extra mile use another sheet to think of ways you may be engaging each of your Top 5 talents over the course of the next day. It will be insightful to compare what talents are being used and when.

My Top 5 talents:					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					