

Family Inventory

Family Concerns	Thoughts to Ponder	How are you doing?
Health	How is the health of your family? Write down any concerns you have about your health. Also write down the aspects of your health for which you are thankful.	
God	How is your relationship with God? What has strengthened or weakened that bond this year? Do you know how to pray? Have you made the effort to learn? Are you inviting family and friends to pray with you? How often do you pray? Do you say grace before/after meals, even when you're not at home?	
Family and Friends	How are your relationships with your immediate and extended family? Do you treat each person with love and respect? Are you a good friend? What are the joys and sorrows of your relationships? Do you spend enough time with each person in your family? What TV shows/movies does your family watch? Do they promote human dignity, family, Catholic values?	
Local Community	How is your relationship with your community of believers? Do you worship, socialize, serve with them? What are your satisfactions and challenges? Do you regularly receive the Eucharist and Reconciliation? Are you up to date with Baptism, Confirmation, Matrimony?	

Global Community	How would you rate your stewardship of the earth and its creatures? Do you care for your home? Do you contribute to your neighborhood? Do you vote conscientiously? Do you promote social justice?	
Work	Do you put your best effort into your work? You can be employed, homemaking, schooling, retired or unemployed. How satisfied are you with your work? Does your work reflect joy?	
Finances	Are you financially stable? Identify the areas of anxiety or gratitude. Do you provide for the needy? Do you have a will? Do you contribute financially to Catholic social justice issues?	
Education	How has your education progressed this year, whether or not you are officially in school? Do you make it a point to learn something new every day? How is your religious education progressing? What do you need to learn about Catholicism? Scripture? Do you take the time to learn about Catholic issues? The reasons for the Catholic stand on moral issues?	
Environment	Are you conscious of the ways your family and community contribute to the care of the earth's resources? What resource-conserving habits do you practice - recycling, composting, car pooling, turning off unneeded lights and water, etc?	
Overall Happiness	What are the sources of your greatest happiness? What is threatening your happiness? Do you listen to God's will instead of your own? Do you practice Catholic values in all aspects of your life?	
Other	Are there any other areas that concern you and your family? What are the strengths and weaknesses of these areas? How can they lead you closer to God?	