

# Taking Inventory Technique

## To Reduce Stress and Get Unstuck

This list will ground you and help you get direction. It helps you determine where to focus your energy, which will then guide you towards the things that will make you feel empowered and confident so you can "just be yourself."

**What I Like:**

**What I Meh:**

**What I Dislike:**

I CAN,  
I AM,  
I WILL.