

**NEW**

# LIA: LIFE INVENTORY ASSESSMENT

Visually SEE a snapshot of YOUR LIFE as it is RIGHT NOW, prioritize action, and see your progress towards a HAPPIER and more purposeful existence.



**LIFE Sense Making Tool that is**



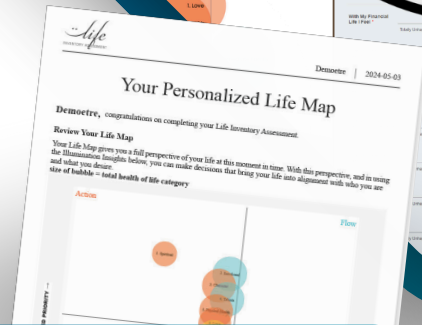
Quick 15-20 min. Assessment



Interactive Life Map (online)



Personalized 80+ page Report



**Unlock Your Life: Mapping Tool**



## WHAT the Life Inventory Assessment (LIA) is

The Life Inventory Assessment is a concise yet powerful tool that delivers a snapshot of your life, revealing actionable insights. By organizing 13 life categories in order of importance and rating the 5 well-being measures of happiness, time alignment, engagement, capabilities, and emotional activation, the LIA produces a personalized Life Map. This visual representation highlights your current life priorities and fulfillment levels, guiding you to a more purposeful and happier existence.

### Key Features

1. **Quick Assessment:** Complete the LIA online in just 15-20 minutes.
2. **Interactive Life Map:** Access an online, visual representation of your life across 13 categories.
3. **Personalized Life Map Report:** Download an 80+ page PDF report providing detailed insights and guidance based on your assessment results.

### Common Benefits

- **Save Time and Money:** Quickly gain a comprehensive understanding of your life.
- **Gain Insight:** Build conscious awareness of your current life situation's 'snapshot'.
- **Identify Strengths and Weaknesses:** See areas of success and areas needing improvement.
- **Clear Priorities:** Helps you prioritize what to focus your growth efforts on next.
- **Progress Tracking:** Monitor changes and improvements over time with regular retakes.

## WHO a Life Inventory Assessment (LIA) is for

Anyone looking to gain a deeper understanding of their life and enhance their overall well-being.

- **Personal Growth Seekers:** Easily identify "next step" growth areas and track progress.
- **Life Transition Navigators:** Plan your next steps with direction, clarity, and confidence.
- **Professionals and Entrepreneurs:** Manage stress, enhance leadership, and productivity.
- **Young Adults and Students:** Start early, craft the life you want most to live, monitor progress.
- **Couples and Families:** Improve relationships and family dynamics through understanding.
- **Coaches and Therapists:** Understand clients better, tailor guidance, improve communication.
- **Stuck or Unfulfilled Individuals:** Gain a clear picture and actionable insights.

## NEXT STEPS for those who feel like LIA might be a good fit for them

- Investment of **TIME** (15-20 min. assessment) and **MONEY** (as low as \$8<sup>08</sup> per month).
- Learn more at: <https://happy.degree/life-inventory-assessment/>