

1. Taking Care of My Family

- Daily/upcoming needs
- Spending time with them
- Health & well being - physical, emotional, mental

2. Love Relationship

- Intimacy/time together
- Expanding my love understanding
- Nurturing Jack's needs

3. Home

- Maintaining
- Creating Order or new ideas
- Plants/Garden

4. Health

- Treadmill/exercise
- Making meals/groceries
- Vitamins - getting adjusted

5. Connection

- Journaling
- Taking a bath
- Figuring out small and big adventures of togetherness - rituals

6. Beauty

- Getting ready for my day
- Exploring new ideas personally or in my surroundings
- Good skin and hair care

7. Family/Friends

- Communicating
- Getting together
- Thinking need more time

8. Finance

- Checking accounts
- Paying Bills
- Tracking and following money flow

9. Spiritual Pursuit/Growth

- Reading something inspiring - inputting
- Meditating - stillness
- Contemplating new awareness - self discovery mode

10. Creativity

- Writing/preparing projects
- Empower 11 Radio shows
- Website

empower

TOP 10 State of Mind Inventory

1.

2.

3.

4.

5.

TOP 10 State of Mind Inventory

6.

7.

8.

9.

10.

Creative Cluster Mapping for the Creative Minds

