



# Conscious Inventory – Day 9

## My Needs, Wants, & Desires

**1. It is becoming easier for me to focus on my own needs, wants, and desires.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**2. I can see why it's important to set boundaries to serve myself that are clear and adhered to when crossed.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**3. I am open to looking at myself in a positive way to determine what is best for me.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**4. If I understood more of what I wanted, needed, and desired in this world, I wouldn't put myself in unhealthy relationships.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**5. I understand that it's important for me to first love myself before pouring love out onto others.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**6. I am willing to look at myself in a non-critical way to heal my wounds.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**7. I believe that without clear boundaries that are upheld, I am only hurting myself.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**8. Completing mirror work daily is difficult at times but making a positive difference in my life.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**9. I understand that my inner child is the one person I must love and protect at all costs (aside from your own children).**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*

**10. I am ready to take better care of myself.**

*Strongly Disagree      Disagree      Unsure      Agree      Strongly Agree*