

PERSONAL INVENTORY GUIDE

Inventory A—People & Energy

The Working Woman's GPS

The Working
Woman's
GPS

When the Plan to Have It All
Has Led You Astray



JJ DiGeronimo

When the Plan to Have it
All has Led You Astray, by
JJ DiGeronimo

Tips for the Personal Inventory Guide

The People & Energy Inventory is about the people in your life. We begin here because your relationships are a view into who you think you are and what you think you deserve.

Initially, I made the mistake of thinking I didn't need to do a personal inventory. I overlooked this crucial step, so I know you too may be tempted to leap into decisions and actions before identifying the full scope of your current situation.

This is the first of five inventories.

Be honest with yourself as you create and organize your inventory. Consider this self-inventory as important as one of your most significant projects at work, at home, or in the community. In fact, this inventory is most essential because it impacts every other aspect of your life.

This isn't a head exercise, it's a heart exercise. Don't keep it in your head where you store the birthdays, due dates, and other schedule related items. Write it down so you can study it and use it as a tool to ignite your circle of influences and catapult journey.

Inventory A–People & Energy

Step 1: Make a list of the personal and professional people you call on to discuss the happenings within your life. I like to group them by how I know them or how I interact with them: Friends, Immediate Family, Co-workers, Neighbors and Community Friends.

Names			
Friends			
Family			
Co-Workers			
Community Friends			

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Step 2: In the second column (on page 3), write the word ***FEEL*** on the top of the row and used symbols to rate—not the person—but how do YOU FEEL when you are with this person.

(+): This symbol indicates that I feel good when I'm with this person, that I look forward to seeing him/her.

(-): This symbol indicates that I rarely feel good about myself when I'm with this person; often, I feel unease when I'm with him/her.

(/): This symbol indicates that I have mixed feelings about this person. I feel neither positive nor negative. This symbol means “it depends” on how I feel the day I see him/her, what's on my mind, or how he/she behaves. I may need to pay closer attention to my feelings about him/her.

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Step 2 (cont.): Try it like I have below. This captures how YOU Feel about the people in your life. You aren't judging them; rather, you are acknowledging how you truly feel when you are with them.

Names	Feel		
Friends			
Terri	+		
Chris	+		
Riley	/		
Elizabeth	-		
Rebecca	-		
Family			
Mom	+		
Dad	+		
Brother	+		
Sister-in-Law	+		
Co-workers			
Todd	-		
Linda	+		
Nancy	/		
Community Friends			
Samantha	+		
Jamie	/		
Sienna	-		
Beth	+		
John	+		

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Step 3: In the third column (on page 3), write the word **ENERGY** on the top of the row and used symbols to rate—not the person—but how each person affects your energy.

(+): This symbol indicates that I feel good energy. I like our give-and-take relationship. Together, we have good synergy and I look forward to interacting with this person.

(-): This symbol indicates that this person takes advantage of our relationship and asks more of me than I feel comfortable providing. She/he drains my energy.

(/): This symbol indicates that I have mixed feelings about this person. I need to further investigate my energy level when I'm with her/him.

Completing an inventory of people and how their energies affect you is vital. We all have friends and family who have become guides for our journeys, providing friendship, energy, and feedback. Be sure you combine outside energy and your inner voice to guide you on your best journey.

Inventory A—People & Energy

Step 3 (cont.): Doing an inventory of how people and their energies affect you is vital. . Especially if you are noticing a trend.

Names	Feel	Energy	
Friends			
Terri	+	+	
Chris	+	+	
Riley	/	/	
Elizabeth	-	/	
Rebecca	-	-	
Family			
Mom	+	+	
Dad	+	+	
Brother	+	+	
Sister-in-Law	+	+	
Co-workers			
Todd	-	-	
Linda	+	+	
Nancy	/	/	
Community Friends			
Samantha	+	+	
Jamie	/	/	
Sienna	-	-	
Beth	+	/	
John	+	+	

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Step 4: In the fourth column (on page 3), write the word ***SUPPORT*** on the top of the row and used symbols to rate—not the person—but does this relationship support or hinder my journey?

(+): This symbol indicates that the relationship is positive; it challenges me in a good and healthy way to be my best self. This person and my relationship with her/him is helpful to me now and could, in the future, help me progress on my journey.

(-): This symbol indicates that this person, and my relationship with her/him, hinders me. It is primarily negative and critical; I feel discouraged from moving toward opportunities.

(/): This symbol indicates that I'm unsure whether this person, and my relationship with him/her, hinders or supports my journey. This relationship could go either way and needs further assessment.

Inventory A—People & Energy

Step 4 (cont.): Understanding your current and future **SUPPORT** system is a critical piece to the decisions you will need to make as you advance in your journey.

Names	Feel	Energy	Support
Friends			
Terri	+	+	+
Chris	+	+	+
Riley	/	/	-
Elizabeth	-	/	+
Rebecca	-	-	-
Family			
Mom	+	+	+
Dad	+	+	+
Brother	+	+	+
Sister-in-Law	+	+	+
Co-workers			
Todd	-	-	-
Linda	+	+	-
Nancy	/	/	/
Community Friends			
Samantha	+	+	+
Jamie	/	/	-
Sienna	-	-	-
Beth	+	/	/
John	+	+	/

Evaluating Your Inventory A: People & Energy Assessment

After coaching many women, it is apparent that many of us do not give much thought to the positive and negative influences in our lives especially as it relates to our every day interactions.

Below are a collection of conclusions gathered from hundreds of working sessions.

- By completing this exercise, you can now see “black and white” the energies that you have selected to guide you on your journey.
- The energies that surround you are commonly circumstantial based on life decisions you have made.
- If this is not the case, congratulations! You have likely made sometimes difficult & selective choices to proactively populate your circle of influence.
- The secret is, if you are looking to do more with your life, you will need to be very selective on energies/people that are and are not in your circle of influence.
- Your circle of influence is assembled by you based on the people. These people you often call on to share, ask and leverage as you move through your journey.

Evaluating Your Inventory A: People & Energy Assessment (cont.)

- Before you start making any swift decisions, it is important to look at yourself and the impact you make on others.
- How would people rate you in their charts? Are you providing the positive impact you too are searching for?
- As many have written about over the years, energies are often contiguous and align to the laws of attraction. Look at your energy column and evaluate what type of energy you attract.
- Does this align with your own energy or do you need an energy renovation project to attract the energy you deserve?
- Once you complete an energy-renovation, some find that people that were once in their circle of influence no longer want to be there. This aligns to the 4th step of Support. Who will support you when you accelerate in your journey?
- Expect that there may be people that feel most comfortable with you as you are now and may not like your energy adjustments.
- Keep the end in mind. Work to create the circle of influence that is best aligned to where you want to go.

Evaluating Your Inventory A: People & Energy Assessment (cont.)

- As you make self-adjustments based on the data you have gathered here, some decisions will take care of themselves and others will require your active participation.
- Words of caution, this does not mean to call people on this list and say, “you have negatives on my assessment and we can no longer talk.”
- Based on the positives and negatives within your assessment, proactively choose who you spend your time with.
- Be the person you desire in your circle of influences.
- Your circle of influence is a critical piece to your journey. Make it a priority to create the momentum you need to accelerate your journey.

Thank you for taking the time to complete this assessment. We would love your feedback on this assessment and your journey.

Connect with us on www.purposefulwoman.com and our Facebook page: Purposeful Woman

The Working Woman's GPS

When the Plan to Have it All has Led You Astray

The Proven Guide for Working Women

Are you one of the 92%* of working women who say they feel overwhelmed by their professional and personal responsibilities?

If so, learn the formula for doing less and achieving more. After interviewing hundreds of women, JJ DiGeronimo shares key lessons for a successful journey.

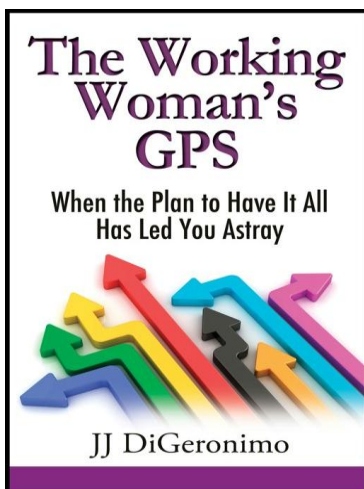
The Working Woman's GPS provides you with the roadmap to get from where you are now to where you need to go. Like many other women, you'll experience results by implementing her easy yet actionable strategies. Women who have leveraged her lessons have:

- Secured a promotion
- Chosen new careers
- Redefined their choices for a more fulfilling life

* A recent survey by Forbes Magazine and Bump.com

The stories in "The Working Woman's GPS" force you to pause and reflect on some tough questions to ask yourself in order to gain the ultimate balance and success you want out of life.

~Beth Thomas, Author "Be Powered by Happy"



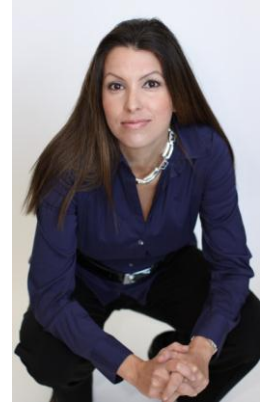
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**Technologist, Entrepreneur,
Author & Speaker**

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JenniferAnne Photography

- 1) Understand what has led you to this point
- 2) Examine what is and isn't working in your life
- 3) Make small adjustments for effective next steps
- 4) Execute a plan based on acute awareness

JJ's BIO

JJ is recognized for her success as an entrepreneur, technology executive, author, wife and mother. In February of 2006, *Entrepreneur Magazine* featured her first company as a resource for small businesses. In 2007, she received an award an Innovation from SBN (Small Business Network).

In 2008, she launched Tech Savvy Women that led to the creation in 2010 of Women of Purpose at VMware, where she currently serves as a global marketing cloud solutions director. Today, over 800 Tech Savvy Women virtually come together to find new positions, expand their knowledge and build relationships.

JJ is also a successful motivational speaker and author. She launched her first book, *The Working Woman's GPS*, in 2011 along with the Purposeful Woman blog (www.purposefulwoman.com).

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