

The Reliance Inventory

Name what held you up today. Price it honestly. Put it back.

How to use it

- 1 Name three ordinary supports you relied on today without noticing: a routine, a tool, a person, your health as it stands.
 - 2 Pick one. Imagine, briefly and concretely, tomorrow without it.
 - 3 Return, and notice what its actual value turns out to be.
 - 4 Say or write one sentence acknowledging it while you still have it.
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Support 1

Support 2

Support 3

Support 4
