

# Repacking Journal

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inventure - the purpose company



# Repacking For The Good Life

*How do you define the Good Life?*

To put it simply, a formula for the *Good Life* is:

Living in the Place you love,  
 With the People you love,  
 Doing the Right Work,  
 On Purpose.

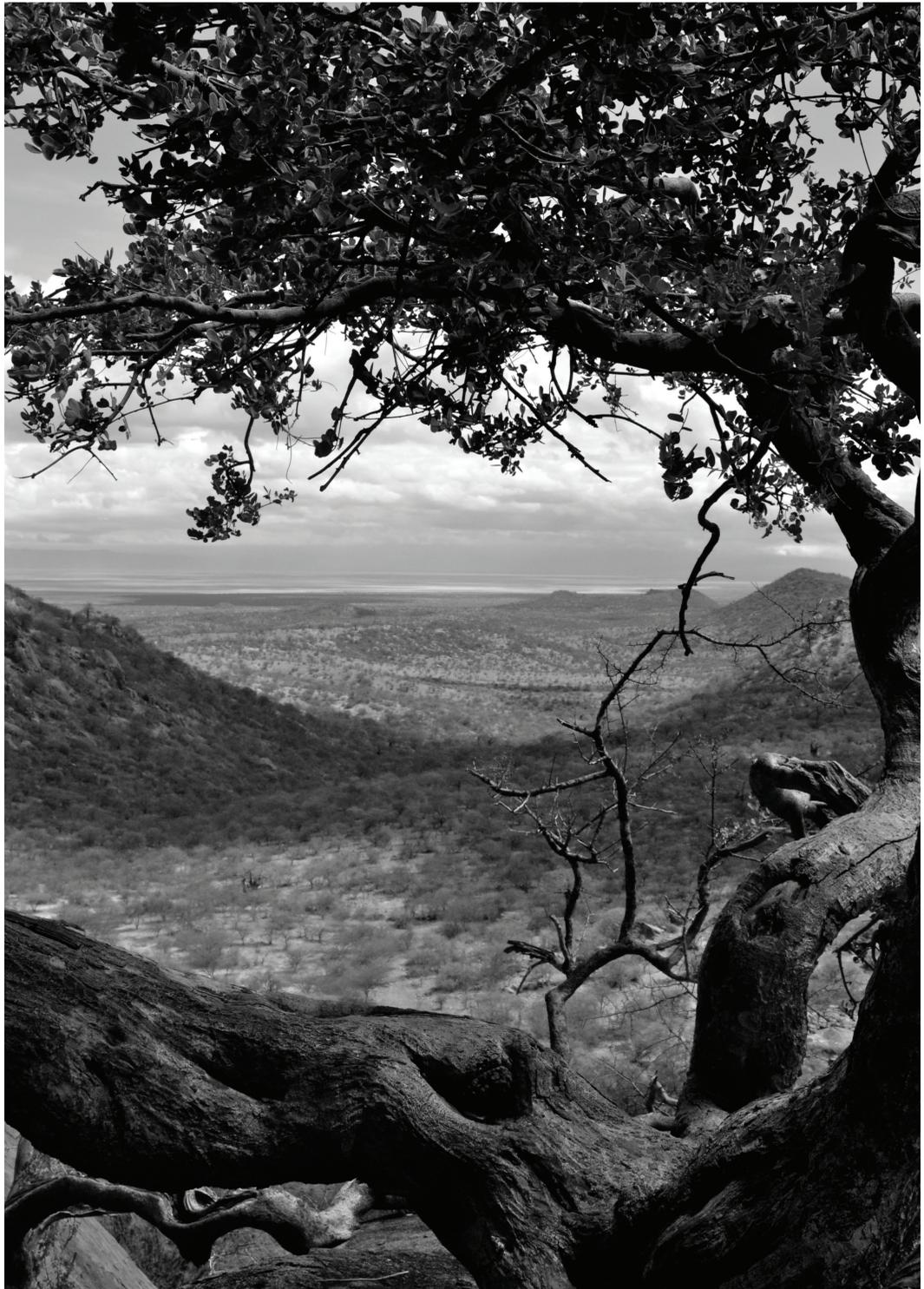
Living the *Good Life* means integration, a sense of harmony among the various components of one's life. It means, for example, that the place where you live provides adequate opportunities for you to do the level of work you want to do. That your work gives you time to be with the people you really love. And that your deepest relationships contribute to the sense of purpose you feel in the place you live and work.

LIVING IN THE PLACE YOU LOVE ...  
 WITH THE PEOPLE YOU LOVE ...  
 DOING THE RIGHT WORK ...  
 ON PURPOSE.

The *Good Life* Inventory provides you with the essential questions to ask when examining your life. How you answer them will guide you in planning the journey of discovery to create the *Good Life* for yourself.

Instructions: The following inventory lists key characterizations of people who are living the *Good Life*. Read each characterization and then rate yourself on a scale of 1 to 7. A score of 1 means "No, I'm not doing this in my life right now." A score of 4 means "I'm doing this to some extent in my life right now." A score of 7 means "Yes, I am consistently doing this in my life now."





Your Score: 1 (low) — 7 (high)

**Key Characterizations of the *Good Life***

**Score**

- 1. I'm living my own version of the *Good Life*. \_\_\_\_\_
- 2. I regularly say "no" to the less important things in my life and "yes" to my real priorities. \_\_\_\_\_
- 3. I keep the small promises I make to myself. \_\_\_\_\_
- 4. I go to sleep most nights feeling that this was a well-lived day. \_\_\_\_\_
- 5. I have a regular time and place to renew myself. \_\_\_\_\_

**Place**

- 6. I'm living in my ideal place. \_\_\_\_\_
- 7. I feel at home in my home. \_\_\_\_\_
- 8. I feel like I belong in my community. \_\_\_\_\_
- 9. I have options in the place I live to do the things I love to do. \_\_\_\_\_
- 10. My place makes me happy. \_\_\_\_\_

**People**

- 11. I have at least one person who truly listens to me. \_\_\_\_\_
- 12. I regularly have "courageous conversations" with people. \_\_\_\_\_
- 13. I share my life dreams with the people I'm closest to. \_\_\_\_\_
- 14. I'm spending the right amount of time with my friends. \_\_\_\_\_
- 15. My relationships make me happy. \_\_\_\_\_

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# The Good Life Inventory (continued)

Your Score: 1 (low) — 7 (high)

## Work

## Score

- 16. I am doing work that fully engages my talents. \_\_\_\_\_
- 17. I am using my talents toward something I am passionate about. \_\_\_\_\_
- 18. I work in an environment which fits my values. \_\_\_\_\_
- 19. I regularly receive rewards that matter to me. \_\_\_\_\_
- 20. My work makes me happy. \_\_\_\_\_

## Purpose

- 21. I have a clear reason to get up in the morning. \_\_\_\_\_
- 22. I have a healthy spiritual life. \_\_\_\_\_
- 23. I am doing what I was meant to do. \_\_\_\_\_
- 24. My work serves the world in some distinct way. \_\_\_\_\_
- 25. My purpose makes me happy. \_\_\_\_\_
- 26. I have defined how much money is enough for me. \_\_\_\_\_
- 27. I'm satisfied with how I spend my time and money. \_\_\_\_\_
- 28. I know where I'm headed on life's journey. \_\_\_\_\_
- 29. I feel like I'm fully living my life. \_\_\_\_\_
- 30. My life makes me happy. \_\_\_\_\_

## Total Score

\_\_\_\_\_

## The Good Life Scoring

- 181 +** Your life fits your definition of the *Good Life*. Enjoy your good fortune!
- 151–180** You are very close to achieving your vision of the *Good Life*. Go back and review the inventory to see how you might make small but positive changes.
- 121–150** Your current life/work is okay based on your vision of the *Good Life*. But what's up ahead?
- 90–120** Your current life/work is a poor fit for your vision of the *Good Life*. Decide your timetable and priorities for making changes.
- Under 90** Your life/work does not fit your vision of the *Good Life*. It looks like it's time for "courageous conversations." Soon!

Reflect on your *Good Life* Inventory and review your scores. Take a look at your life. What is good about it? What is missing? How do you relate to where you live? How are your relationships? What is happening at work? How are you expressing your purpose? Are you living your own version of the *Good Life* (or someone else's)?

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"A good life is made up of a series of good days, starting with today."

ANNIE DILLARD

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## Repacking Reflections

Review your scores. Is there one area you particularly need to focus on?

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What is keeping you from living your vision of the *Good Life*?

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What can you do today to take the first step to living the *Good Life*?

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## Repacking Partners

Repacking Partners are your *fellow travelers and trip advisors*. They offer you counsel, support, and wisdom. They hold you accountable to the *Good Life* vision you've set in your life and inspire you to achieve your dreams.

Your Repacking Partners are trusted individuals who are committed listeners and offer you courageous conversation. They meet the following criteria:

- **They're interested (versus interesting)**  
*They are genuinely interested in you and want to see you live the Good Life.*
- **They care (versus cure)**  
*They are not interested in changing you, but care about you as you are.*
- **They listen deeply to your story**  
*They are focused on listening to you and are not focused on their own story when you need to talk.*
- **They ask great questions**  
*They ask questions to help you discover your answers, not theirs.*
- **They practice courageous conversation**  
*They are honest with you and will tell you the truth.*

Repacking Partners can include your spouse/partner, family members, colleagues, mentors, friends and fellow travelers, coaches, teachers, and wise elders. Roles might include listener, challenger, supporter, catalyst, and scout. If you convened your Repacking Partners to discuss the next phase of your life journey, who would be sitting around the circle with you?

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"If you want to go fast, travel alone. If you want to go far, travel together."

AFRICAN PROVERB

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## My Repacking Partners

List below those people you would pick to be your Repacking Partners.

1. Friends or family I can call, email, or visit when I need a sounding board.

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2. Mentors and professionals who are available to me as seasoned guides.

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3. Wise elders and teachers who help me see the big picture.

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### My Good Life Conversation

Share your insights from the *Good Life* Inventory with a Repacking Partner — a committed listener. You'll benefit and so will the partner who listens to you.

**WHO?** *With whom will you share your insights?* \_\_\_\_\_  
 \_\_\_\_\_

**WHEN?** *When will you hold your conversation?* \_\_\_\_\_  
 \_\_\_\_\_

**WHERE?** *Where will you meet?* \_\_\_\_\_  
 \_\_\_\_\_



# Repacking on Purpose

10 Lessons of Self-Renewal.

## 1. Unpack your calendar

Focus on fulfilling time-not filling time!;  
Make appointments with yourself!

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## 2. Uncover your gifts

Focus on allowing your natural gifts to emerge and take charge; the world loves talent, but pays off on character.

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## 3. Unlock your purpose

Focus every day on your "Why?"; Purpose is a choice, an aim, and a practice.

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## 4. Recall your calling

Focus on fully expressing your  $G + P + V = C$  (Gifts + Passions + Values = Calling).  
Heed your calling.

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## 5. Select your sounding board

Focus on reflective back talk; know the importance of people who will tell you the truth.

## 6. Sharpen your learning edge

Focus on learning and discovery; the future belongs to the learners, not the knowers.

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## 7. Repack your relationship bags

Focus on accepting responsibility for who you are; blame no one. Listen. Listen. Listen.

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## 8. Revision the "Good Life"

Focus on "Living in the place you love, with the people you love, doing the work you love, on purpose!"

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## 9. Pause once-a-day

Focus on listening to your inner self; the alternative to ignoring your inner self is to settle for less than you are capable of becoming.

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## 10. Renew yourself

Focus on being "interested" (vs interesting); keep a sense of curiosity & discover new things.

\*Based on REPACKING YOUR BAGS: Lighten Your Load for the Good Life by Richard J. Leider & David A. Shapiro [Berrett-Koehler, 2012, 3rd edition]



# Unpack. Repack. Repeat.

LIGHTEN YOUR LOAD...What's weighing you down?

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How can you lighten your load to live the *Good Life*?

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Who or what do you need to say "NO" to?

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# Repacking Checklist

<i>Item</i>		<i>Have It</i>	<i>Need it</i>
<b>Passport</b>	Sense of Purpose — a reason for the trip. Why do I get up in the morning?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Baggage</b>	Stuff I need to get me where I am going. What am I carrying and why?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Map</b>	Sense of direction to the journey. Am I living in the place I love with the people I love doing the right work on purpose?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Money</b>	Enough resources for the next phase of the journey. Do I have enough to enjoy the trip?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Address Book</b>	Connections with fellow travelers. Who are my travel advisors?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Itinerary</b>	Time to explore new destinations. What do I want more time to explore?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Attitude</b>	Courage to discover. How curious am I?	<input type="checkbox"/>	<input type="checkbox"/>

*Unpack. Repack. Repeat.*

## Discover More Resources at RichardLeider.com



### Repacking Your Bags: Lighten Your Load for the Good Life (3rd Edition)

By Richard Leider & David Shapiro (Berrett-Koehler, 2012)



### The Power of Purpose: Find Meaning, Live Longer, Better (3rd Edition)

By Richard Leider (Berrett-Koehler, 2015)



### Something to Live For: Finding Your Way in the Second Half of Life

By Richard Leider & David Shapiro (Berrett-Koehler, 2008)



### Claiming your Place at the Fire: Living the Second Half of Your Life On Purpose

By Richard Leider & David Shapiro (Berrett-Koehler, 2004)



### Life Reimagined: Discover Your New Life Possibilities

By Richard Leider & Alan Webber (Berrett-Koehler, 2013)



### Work Reimagined: Uncover Your Calling

By Richard Leider & David Shapiro (Berrett-Koehler, 2015)



### Calling Cards: A Journey of Discovery

([www.amazon.com](http://www.amazon.com))



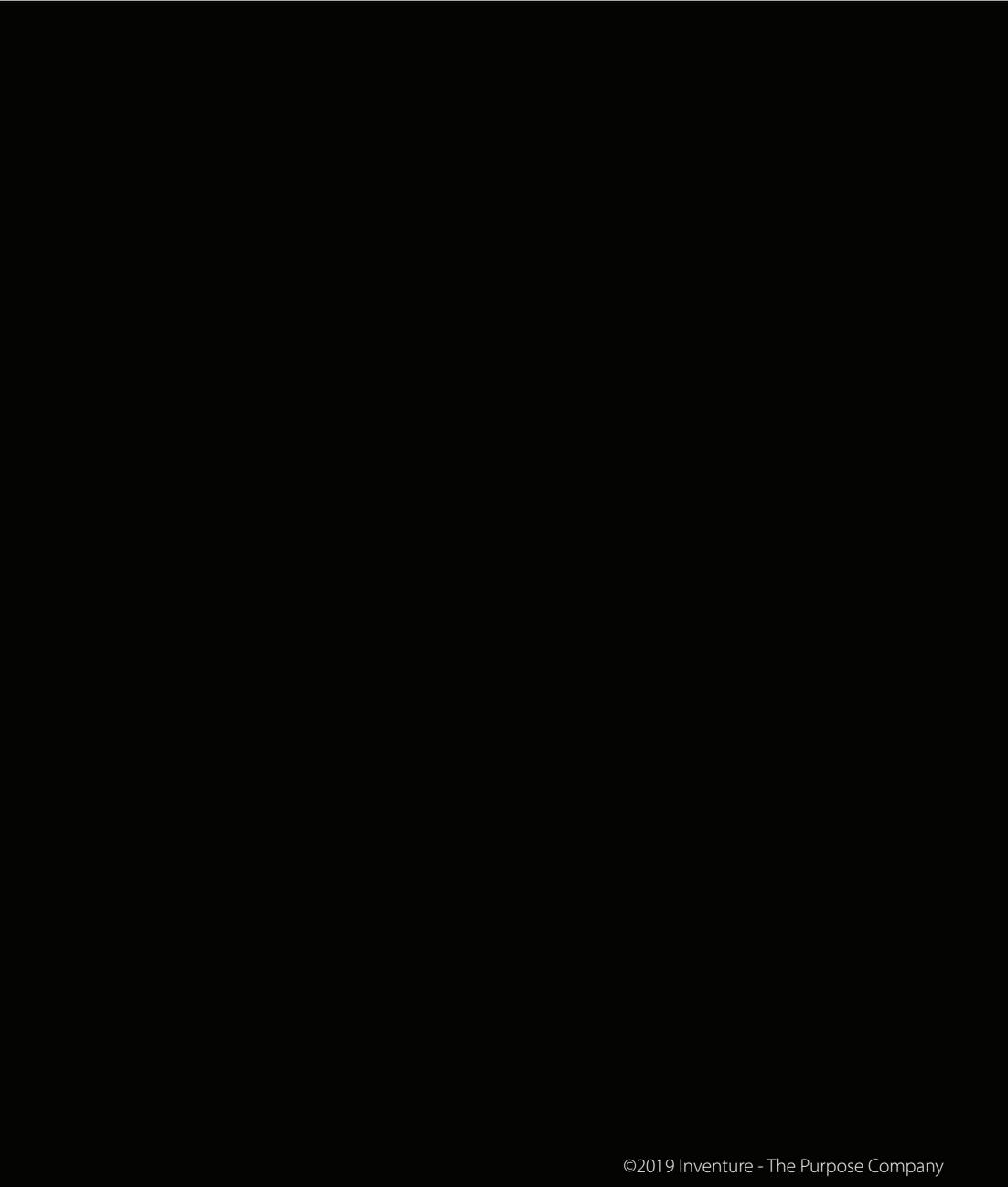
### A Guide to Unlocking the Power of Purpose

By Richard Leider ([www.richardleider.com](http://www.richardleider.com))

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