

Assets: Inventory ALL Your Assets

Your assets are your accumulated ability for taking care of what matters to you. The key features of assets are not things, but rather assessments of your capacity to bring action and make happen what you desire. Make notes on each one, where strong or weak, what might be missing, etc.

- **Financial assets (“money”)**
 - Money
 - Accounts receivable
 - Deferred compensation
 - Stocks
 - Bonds
 - Credit standing
- **Pragmatic or cognitive assets (“competence”)**
 - Work experience
 - Skills
 - Information
 - Intelligence
 - Ability to take effective action
 - Sensitivity to other’s concerns and emotions.
- **Symbolic assets (“identity”)**
 - Integrity
 - Trustworthiness
 - Connectedness
 - Allegiances/positions
 - Leadership
 - Track record.
- **Spiritual assets (“disposition”)**
 - Grounding in faith traditions
 - Trust in self, others, and the universe;
 - Characteristic positive moods
 - Recognition of a bigger whole
 - Ability to invent meaning in life.

Assets: Capacity for Taking Care

Your assets in one category can be turned into assets in another category. Consider what you need and how you can turn an asset into the form that will work best. For example, if you have neighbors with whom you can share childcare (a "symbolic asset") can be turned into saving money for babysitting (a "financial asset").

