EMPTY PANTRY */

The heart's missing-time to stock up on meaning. .

Inventory Sheet

This worksheet is all about recognizing **what's missing** in your brand's value system—and beginning to restock with purpose and intention. Think of it as a full kitchen audit: what's expired, what's absent, and what needs to become your house special.

Section 1: The Shelf Check — What's Missing?

For each category, check off what's present, and write what's missing.

Category	Present?	Notes / What's Missing?
Clear internal values	☐ Yes ☐ No	
Values shared publicly	☐ Yes ☐ No	
Team or partner alignment	☐ Yes ☐ No	
Values-based decisions	☐ Yes ☐ No	
Visual expression of values	☐ Yes ☐ No	

Section 2: Expired Ingredients — What's Outdated?

List any **words, beliefs, or behaviors** you've outgrown as a brand.

"We've moved past…"

☑ These could be slogans, marketing habits, visual signals, or old missions you've outgrown.

🧂 Section 3: Taste Memory — What Do You Want People to Feel?

A quick brand palate prompt:

"If our brand was a home-cooked dish, it would be…"

_____

_____

_____

"Because we want people to feel…"

_____

_____

_____

🔥 Section 4: Restock with Meaning

Select **up to 5 values** you want to restock your brand with. Start by listing potential ones below:

- ☐ Trust
- ☐ Curiosity
- ☐ Justice
- ☐ Playfulness
- ☐ Wisdom
- ☐ Service
- ☐ Resilience
- ☐ Love
- ☐ Beauty
- ☐ Your Own: _____

☑ Highlight your top 3. These will be the basis for future worksheets.