

LIFE AUDIT: NOW (1)



What does it look like when life is going great for you? How can you find the underlying cause when things don't feel so good? You can do a life audit.



For each of the areas listed below, shade in how well things are going in the box. 0% will mean that area of life is utterly terrible right now (it probably won't be that), 50% is so-so, and 100% is absolutely, utterly, spectacularly perfect. Add a quick sentence below each one with some details of why you've put that. There is also space for you to add some more specific areas at the bottom (e.g. spirituality, family, fun).

MIND	0%	50%	100%
BODY	0%	50%	100%
LOVE	0%	50%	100%
COMMUNITY	0%	50%	100%
CREATIVITY	0%	50%	100%
WORK	0%	50%	100%
MONEY	0%	50%	100%
PURPOSE	0%	50%	100%
	0%	50%	100%
	0%	50%	100%
	0%	50%	100%

LIFE AUDIT: WHERE YOU WANT TO BE (2)



Get clear on what 100% is for you. For all of the boxes on your life audit exercise to be full, what will the different areas look like? Make it easy to know when things are on track for you. You might already be there for some areas.

Design it so that reaching 100% is absolutely in your power. Whatever you do, don't make it impossible. Challenge yourself, but know you can get there and feel that it'll be worth it when you do.

WHAT 100% LOOKS LIKE FOR ME



MIND

BODY

LOVE

e.g. I fill my mind with positive thoughts. I challenge myself with my work. I learn something new every day. I practice meditation for 10 minutes when I wake up.

e.g. I'm strong and exercise daily. I can do 5 pull-ups and run 5 miles. I nourish my body with a locally-sourced and unprocessed vegetarian diet. I'm a healthy weight for me.

e.g. I'm in a loving, happy relationship that helps me grow. We're strong apart but lift each other higher. We regularly sit and ask how we're doing and where we can do better.

COMMUNITY

CREATIVITY

WORK

e.g. I have a circle of people who I give and receive my love and support to. They lift me higher and help me to become my happiest and most fulfilled. I meet with a friend every week to enjoy time face-to-face.

e.g. My work – whether paid or otherwise, in my day job or not – includes projects that allows me to create beauty and value from my creativity while experiencing flow.

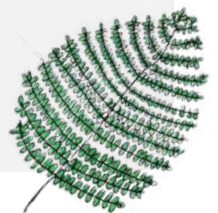
e.g. I'm working for an ethical company that I'm excited to arrive at in the morning. Every day I am learning, growing, and giving back to the world.

MONEY

PURPOSE

e.g. I earn a salary of £40k to live comfortably and save 25% of my earnings. I only buy what I need and think consciously about what I'm supporting with my money.

e.g. I'm creating beautiful things and sharing my knowledge and art with the world. I'm approaching every day as a chance to be generous, loving, and kind.



LIFE AUDIT: SETTING GOALS (3)



On this page we'll define how you will bridge the gap from where you are to where you want to be.

Look at the previous two pages side by side. For each area, ask how you can optimise where you are now to get to where you want to be. What are the short-term and long-term goals you can set?

There is only space for three goals for each area, so think about what deserves to make the cut.

MIND

- 1.
- 2.
- 3.

BODY

- 1.
- 2.
- 3.

LOVE

- 1.
- 2.
- 3.

COMMUNITY

- 1.
- 2.
- 3.

CREATIVITY

- 1.
- 2.
- 3.

WORK

- 1.
- 2.
- 3.

MONEY

- 1.
- 2.
- 3.

PURPOSE

- 1.
- 2.
- 3.

SPACE FOR ONE MORE

- 1.
- 2.
- 3.

