

Life Audit Workbook

Introduction & Instructions

This workbook is designed to help you reflect on your current life, explore areas of improvement, and take intentional steps forward. Work through each section thoughtfully. Use the journaling space to capture insights and ideas. Revisit this workbook quarterly or anytime you need clarity.

1. Wheel of Life Assessment

Rate each area from 1 (low) to 10 (high):

- Health & Fitness ____/10
- Career & Work ____/10
- Finances ____/10
- Relationships ____/10
- Personal Growth ____/10
- Fun & Recreation ____/10
- Environment (home/work) ____/10
- Spirituality & Meaning ____/10

2. Deep-Dive Prompts

Choose one area and answer the following questions:

- What's working well in this area?

- What's not working?

- What would a 10/10 look like?

- What's one small change I can make this month?

3. Values & Priorities

- What are your top 5 core values?

- Where in your life are you aligned with these values?

- Where are you out of alignment?

- What needs to change to live your values more fully?

4. Ideal Life Vision

- A day in your ideal life.

- How you feel physically, emotionally, mentally.

- What habits you've built.

- What you've let go of.

- Who you're surrounded by.

5. Action Plan & Habit Builder

Define a habit or action for each key area this month.

Area | Habit | When | Frequency | Success Marker

6. Quarterly Review

- What goals did I achieve?

- What surprised me?

- What challenges came up?

- What am I most proud of?

- What's my focus for the next quarter?
