

Ready to take stock of your life?

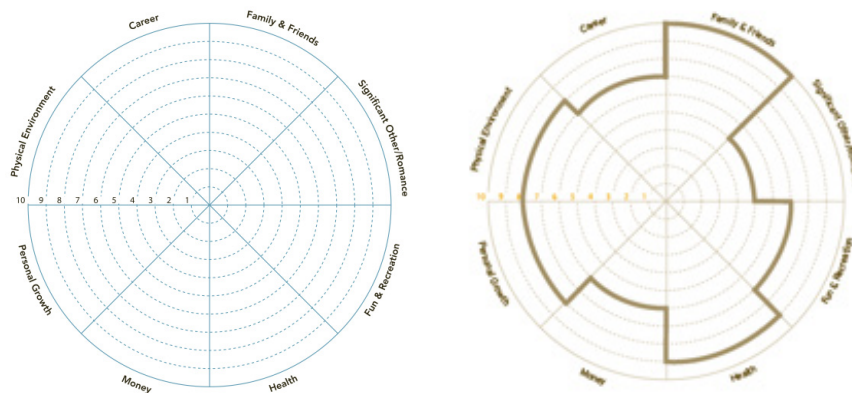
Thank you for downloading the Life audit sheet and I hope you find it useful.

So what is it all about?

The Life audit sheet enables you to get a snapshot of your life today, assess how satisfied you are with different aspects of your life and take action where you feel it is necessary.

How does the Life audit sheet work?

There are eight sections that represents the different aspects of our life. You measure each section from 0 (boo!) to 10 (brilliant!) based on how satisfied you are with that aspect of your life.



How do I complete my Life audit sheet?

I'm providing you with a blank sheet so you can choose labels that are relevant to your situation for each section. Once you've chosen your sections reflect on each one and rate how satisfied you are with this aspect of your life. Draw a line to join the different sections.

Remember: There are no right or wrong answers, your drawing can be wonky or round, the main thing is that you're honest with yourself. Try not to measure based on past events or future desire, it's about today.

Now admire your picture:

It's lovely & round and I'm happy - Great! Why don't you do this exercise a few times a year to check all is well or delve into a particular area of your life and repeat the exercise (eg. different aspects of your worklife)

It's wobbly but that's fine - OK, a beautiful circle is not an end in itself. However it's important that you understand the areas where you're not totally satisfied and keep an eye on them. It could just be a temporary thing (eg. I'm working hard on a project for 9 months or I've stretched myself financially for 2 years to buy a home). If it's not temporary then reflect some more, how could the situation be improved?

Not so happy with the result? Why? Where? Is it the lack of balance that you're unhappy with or more the realisation of how dissatisfied you are about an aspect of your life?

So now to the big question: How can you be more satisfied in this aspect of your life?

This is where your Life audit comes into use: you are clear about which part of your life is not satisfying, you have rated it so you understand how they compare to an area that brings you satisfaction and you can rank it (if you have more than 1).

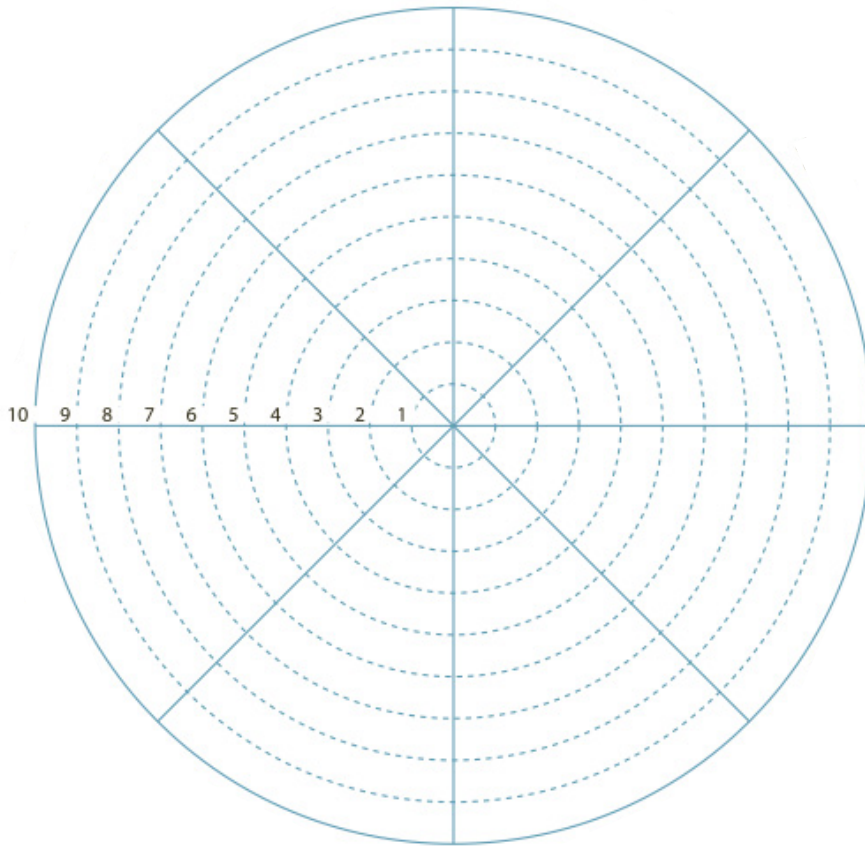
Now you can tackle it.

- What can you START doing? What do you need to say YES to?
- What can you STOP doing? What do you need to say NO to?
- Detail your action(s), the timeframe, the support you require (who/what).
- How will you know the changes are working? Articulate it clearly, if it's fuzzy you'll never be sure
- Pin your action list somewhere you can see it, and why not pin your Life audit too? It'll keep you focused

Over to you!

I'd love to hear from you so if you have questions or suggestions do not hesitate to contact me.

This is the life audit of **Date:**



	Section	Action	When	Support I require Who / What	Satisfaction level (1 to 10) How do you know?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					