

LIFE AUDIT

CONSEQUENCE OF BEING

MY WHY (MISSION)



HEALTH

MENTAL

PHYSICAL

NUTRITIONAL

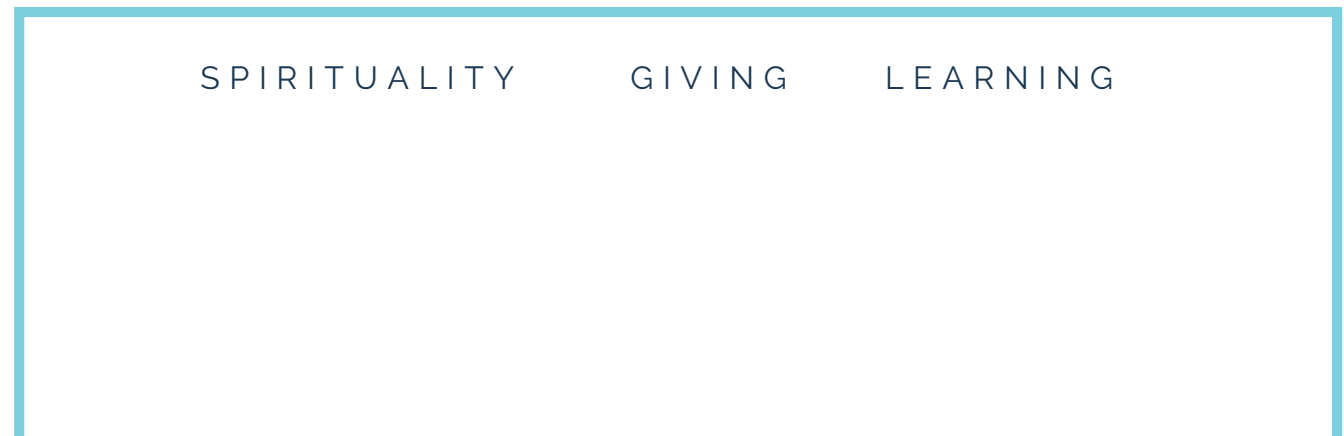


PERSONAL GROWTH

SPIRITUALITY

GIVING

LEARNING



RELATIONSHIP

ROMANCE

FRIENDS

FAMILY

CAREER

FINANCIAL

BUSINESS

CAREER

FUN

RECREATIONAL

TRAVEL

BUCKET LISTS

QUESTIONS TO ASK MYSELF

- Have I been truthful about my choices?
- Are these things or activities that I want, no one has put these thoughts in my head?
- Is my WHY my own?
- Do I believe I can do these things? If not what is stopping me?
- Do I enjoy these activities?
- Is my health one of my priorities? Why or why not?
- What do I need to implement to make these things happen?
- Are these activities a priority in my life? (what has caused them to not be a priority?)