

LIFE AUDIT

HOW TO DO A LIFE AUDIT THROUGH SELF-REFLECTION.

I have always been a person who evaluates their life. Nothing seems to bring me greater joy than to have a plan to where I am going. The reason I have done so many life audits is that its hard for me to see my plans if I don't write them down, its like out of sight out of mind.

Without a doubt, the way I fine-tuned my life audit style was by reading book after book on self-development. Self-development has been my passion since I was a little girl. I thought I was on a quest to learn about my life, to attain self-love, but I was on a road to teaching life fundamentals. In short, nothing like failing at something to teach you success. How satisfying to find my mission in my failures. Clearly, I wasn't failing, I was getting things right. I hope you find peace in your life audit and that what you are is not a mistake but a work in progress.

What it is?

A life Audit is where you stop and re-evaluate your life by accessing your current home, work, and future goals. It's a thoughtful self-reflection that can reveal where you are currently in life versus where you want to be.

Why do one?

For the most part, I am a big proponent of life Audits, but only after you have begun a meditation regime (I went into more detail in the Conclusion). You see, Life Audits precisely reveal what you are currently doing and what steps you need to take next in your life. Basically, they allow you to fine tune your life goals and activities through self-development.

This Life Audit process begins with your WHY. Your WHY will bring lucidity into what has gone wrong in life that has brought you to need a life audit. It also can help eliminate unnecessary activities that you have done on autopilot but don't necessarily like. This way you can decide what is a priority and what needs to go.

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 WHILE DOING MY AUDIT

- 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?)