

LIFE AUDIT

Be honest. This is just for you.

Why This Audit?

Most people feel something is off but cannot name it. This audit forces you to stop and look honestly at every area of your life at once. Not about a perfect score - about seeing clearly where you are thriving and where you have been lying to yourself.

How To Use This

1. Find a quiet moment - no distractions.
2. Mark the number with an X that feels most true. Do not overthink.
3. Score: 0 = Not at all | 3 = Often | 5 = Completely
4. Add totals and answer reflection questions at the end.
5. Return every 3-6 months to track growth.

"The days you ignore become the days you miss."

- Todapointpodcast

1. Work and Career

Are you building something - or just filling time?

Statement	0	1	2	3	4	5
I feel alive when I think about the work I do - not just relieved when the day is over						
My work reflects who I actually am, not just what I fell into						
I can genuinely see a future for myself here - not just surviving week to week						
I feel like I am moving forward - not just going through the motions						
If money was not a factor, I would still choose this path						
I feel free in my work - not trapped by fear of what leaving would mean						
Section Total:						___ / 30

Reflect:

- If you woke up tomorrow and your job was gone - what would you feel first? Relief or panic? Why?
- What have you been telling yourself is temporary that has actually been going on for years?
- What would you do professionally if you genuinely believed you could not fail?

2. Health and Body

Your body has been keeping score. Are you paying attention?

Statement	0	1	2	3	4	5
I pay attention to what my body is telling me - I do not push warning signs aside						
I wake up rested - sleep is something I protect, not sacrifice						
I move my body regularly in a way that feels good, not punishing						
I eat in a way that gives me energy - not just to cope or fill a void						
I am not convincing myself that what I am feeling physically is just stress						
I treat my body like something worth taking care of - not something to push until it breaks						
Section Total:						___ / 30

Reflect:

- What physical signal have you been ignoring that you know deep down deserves your attention?
- Are you taking care of your body - or are you punishing it for a life you have not dealt with yet?
- When did you last feel genuinely well - not just functional?

3. Relationships and People

Who you surround yourself with is who you are becoming.

Statement	0	1	2	3	4	5
The people closest to me genuinely give me energy - they do not drain me						
I feel safe enough to be fully myself around the people I call close						
My relationships feel mutual - not one sided or driven by obligation						
I am not holding on to someone past their expiry date out of comfort or fear						
The people I spend time with are pulling me forward - not keeping me small						
I feel truly seen by at least one person in my life - not just tolerated						
Section Total:					___ / 30	

Reflect:

- Name one person in your life you keep making excuses for. Why are you still holding on?
- Who in your life would be threatened by you becoming the best version of yourself?
- When did you last feel genuinely seen - not performed for, not tolerated - but truly seen?

4. Emotions and Mindset

Your patterns are running your life. Do you know what they are?

Statement	0	1	2	3	4	5
I notice my emotional patterns before they take over - I am not always reacting						
I do not make permanent decisions when I am in a temporary emotional state						
I can sit with discomfort without immediately acting on it or running from it						
I check in with myself regularly - I do not just keep going on autopilot						
When things start going well, I do not find ways to self-sabotage or shrink						
The way I speak to myself is something I would be okay saying to someone I love						
Section Total:					___ / 30	

Reflect:

- What emotion do you avoid feeling at all costs - and what do you do instead of feeling it?
- Think of your last big emotional reaction. What was it really about underneath the surface?
- If your inner voice was a person - would you want them in your life?

5. Purpose and Growth

Are you building a life - or watching one pass you by?

Statement	0	1	2	3	4	5
I have a clear sense of what I want my life to look like - not just a vague feeling						
I am actively doing something about the life I want - not just thinking about it						
Fear is not the main reason I have not started - or have not gone further						
I am genuinely growing as a person - not just getting older						
I am not still waiting for the perfect moment that never seems to come						
When I am honest with myself, my life feels like it has direction and meaning						
Section Total:					___ / 30	

Reflect:

- What dream have you been keeping quiet because saying it out loud would make it real?
- If nothing in your life changed in the next five years - how would that feel?
- What are you waiting for - and be honest about whether that reason is real or just comfortable?

6. Freedom and Finances

Is money giving you options - or taking them away?

Statement	0	1	2	3	4	5
I feel financially stable - or I have a real plan to get there, not just hope						
Money stress does not quietly run my decisions and mood every day						
I am building towards something financially - not just paying bills and starting over						
I am not staying in a situation purely because I am scared of what leaving would cost me						
The way I spend money reflects my actual values - not just my emotions in the moment						
I have thought seriously about my financial future - it is not something I avoid						
Section Total:						___ / 30

Reflect:

- What decision in your life is being controlled by financial fear right now?
- If you had twice your current income - what would you do differently? Why are you not doing that already?
- What does money represent to you beyond numbers - security, freedom, worth, control?

Your Total Score

Section	Your Score	Out of
■ Work and Career		30
■ Health and Body		30
■ Relationships and People		30
■ Emotions and Mindset		30
■ Purpose and Growth		30
■ Freedom and Finances		30
TOTAL		180

What Your Score Means

0 - 60	You already know something has to change. Stop waiting for a sign. This is it.
61 - 100	You are getting by. But getting by is not the same as actually living.
101 - 140	There is real room to grow. Do not let comfort become the ceiling.
141 - 180	You are living with intention. Now help someone else do the same.

Final Reflection

Sit with these after completing the full audit:

1. Which section scored the lowest - does that surprise you or did you already know?

2. What have you been telling yourself is fine that this audit just proved is not?

3. What is one thing you can do differently this week that would raise your lowest score?

4. What would your life look like in one year if you actually acted on what this audit is showing you?

5. What is one thing you have been avoiding that this audit just confirmed you need to face?

Ready to go deeper?

Book a 1-on-1 Clarity Session and let us work directly on what this audit revealed.

Book your Clarity Call: calendly.com/todapointpodcast/clarity-call

todapointpodcast.com | Let us get to the point.