

LIFE AUDIT WORKBOOK

A step-by-step guide and powerful self-assessment tool to gain clarity on where you stand and where you want to go and where are the gaps in your life

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☀️ Preface / Welcome

Welcome to your **Life Audit Workbook** – a practical and inspiring guide designed to help you pause, reflect, and realign your life with your highest potential. In the busyness of everyday living, it's easy to get swept along by routines, responsibilities, and expectations. Days turn into months, and months into years, often without us stopping to ask:

- Am I truly fulfilled?
- Am I living in alignment with my values?
- Am I creating the life I really want – or simply moving through life on autopilot?

This workbook is your opportunity to step back, breathe, and take a clear, honest look at where you are today. Think of it as a mirror for your life. It won't judge you. It won't tell you what's "right" or "wrong." Instead, it will give you the clarity to see what's working well and where you may want to make adjustments.

Why This Matters

A ship without a compass may drift aimlessly. Likewise, a life without reflection can easily lose direction. The purpose of this audit is to help you regain control of your journey. By taking stock of the eight key areas of life – Career, Finances, Health, Relationships, Personal Growth, Fun & Recreation, Spirituality, and Environment – you'll see the bigger picture of your current balance. When you gain that clarity, you unlock the ability to design your life with purpose, instead of leaving it to chance.

A Personal Note

I've spent over two decades working with people just like you – ambitious professionals, entrepreneurs, and seekers who wanted more out of life. And I've learned something important: success is never just about one area. You can have a thriving career and still feel unfulfilled if your health or relationships are neglected. You can be financially secure, yet restless if your personal growth is stagnant. True fulfillment comes from harmony across all aspects of life. This workbook is your step toward that harmony.

So let's begin. As you move through the pages ahead, remember: 🙌 You are the designer of your life. Every small choice you make from today has the power to create the future you truly desire. **Welcome to your Life Audit. Let's get started.**

Dedicated to your success,



Hemant B.

The Objective of the Life Audit

The **primary purpose** of this workbook is simple: To give you clarity, awareness, and a practical action plan for creating a more balanced and fulfilling life.

Most of us spend time planning our careers, finances, or holidays – but rarely do we pause to plan our life as a whole. A Life Audit helps you step out of autopilot and ask:

- Where am I today?
- Where do I want to be?
- What steps will bridge that gap?

By the end of this workbook, you will:

- Have a clear snapshot of your current life balance across eight key areas.
- Identify strengths to celebrate and areas needing attention.
- Translate insights into concrete, achievable goals.
- Leave with a personal roadmap for living more intentionally.

This isn't about chasing perfection or scoring "10/10" in every area. Life is dynamic – it will never be perfectly balanced at all times. Instead, this audit is about awareness and alignment: knowing what matters most to you and ensuring your daily life reflects those values.

The Philosophy Behind the Life Audit

At the heart of this process is a simple truth: Success is holistic. We often measure success in terms of money, status, or achievements. Yet, real fulfillment comes when we nurture all dimensions of life. You could excel in your career but neglect your health. You might have financial security but feel disconnected in your relationships. You may be busy, but not truly growing or enjoying life.

That's why this workbook is built on eight interconnected areas:

1. Career / Occupation
2. Finances
3. Health
4. Relationships
5. Personal Growth
6. Fun & Recreation
7. Spirituality
8. Environment

Together, these create the "wheel of life" – a framework used by top coaches worldwide. Picture each area as a spoke in a wheel. If some spokes are strong and others weak, the wheel wobbles. Your journey becomes bumpy. But when the spokes are aligned and balanced, the wheel turns smoothly.



How to Use This Workbook

This Life Audit Workbook is meant to be a practical companion — a step-by-step guide that helps you reflect, measure, and take action. To get the best results, approach it with honesty, openness, and a willingness to grow.

Step 1: Create the Right Environment

- Set aside uninterrupted time
- Find a quiet, comfortable place where you can reflect deeply.
- Have a notebook or journal nearby if you'd like to expand your reflections.

Step 2: Work Through Each Life Area

For each of the eight areas, you'll find:

1. Introduction & Commentary → why this area matters.
2. Reflection Prompts → open-ended questions to spark awareness.
3. Questionnaire & Scoring → structured assessment to measure your current state.
4. Insights & Notes → space to capture “aha” moments.

Take your time with each section. Don't rush. The value comes from your honesty and self-reflection.

Step 3: Capture Your Snapshot

When all eight areas are complete, you'll plot your scores on the Life Balance Wheel. This gives you a visual overview of your life today — where it's balanced and where it feels off-center.

Step 4: Move from Awareness to Action

After reflection comes momentum. You'll be guided to:

- Identify your top priority areas.
- Set meaningful, achievable goals.
- Break them into clear actions with timelines.

Step 5: Review and Revisit

This workbook isn't a one-time exercise. Life changes, and so do we. Revisit your Life Audit every 3–6 months to track your progress and make adjustments. Each review will bring new clarity and growth.

Remember: This workbook is a mirror and a map. The mirror shows you where you are. The map guides you to where you want to go. You hold the pen to design the next chapter of your life.

1. Career / Occupation

Introduction & Importance

Work takes up a significant portion of our lives. It's not just about earning a living – it's about creating, contributing, and expressing who we are in the world. A fulfilling career gives us a sense of purpose, pride, and progress. It fuels our self-esteem, our finances, and often, our daily joy.

On the other hand, feeling stuck, unappreciated, or misaligned in your career can drain energy, lower confidence, and impact every other area of life. That's why career is often the first place people look when evaluating their overall fulfillment.

A thriving career doesn't necessarily mean climbing the corporate ladder or starting a multimillion-dollar business. It means engaging in work that aligns with your values, leverages your strengths, challenges you to grow, and allows you to make a meaningful contribution.

Ask yourself:

- Do I look forward to the work I do each day?
- Does my career reflect my talents and passions?
- Am I growing, learning, and advancing in the direction I want?
- Do I feel a sense of accomplishment and contribution?

When your career is aligned with who you are, it becomes more than “a job” – it becomes a platform for self-expression and impact.

Reflection – Career / Occupation

Take a few quiet minutes to reflect on these questions. Write freely and honestly – there are no right or wrong answers.

1. How do I currently feel about the work I do each day?
2. What parts of my career give me energy, satisfaction, or pride?
3. Which aspects of my work feel draining, frustrating, or misaligned with who I am?
4. Do I believe my career is moving in the direction I want for my future? Why or why not?
5. How well does my current role reflect my strengths, passions, and values?
6. Do I feel appreciated and fairly rewarded for my contributions?
7. In what ways does my career support (or conflict with) my lifestyle, relationships, and personal goals?
8. If I could design my ideal career, what would it look like? What would I be doing, and how would I feel?



Career / Occupation – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I feel fulfilled and satisfied with the work I do.
2. My career aligns with my values and personal passions.
3. I am using my strengths and talents effectively in my work.
4. I feel motivated and engaged in my daily tasks.
5. I have opportunities for growth, learning, and advancement.
6. I feel fairly recognized and rewarded for my contributions.
7. My career supports the lifestyle I desire.
8. I feel that my work makes a positive impact and contribution.
9. I am optimistic about my career direction and future.
10. Overall, I feel balanced and energized by my career.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → This area likely feels unfulfilling or misaligned right now. Change may be urgent.
- 31–60 (Needs Improvement) → Some aspects are working, but there are significant gaps. Awareness and action can bring big improvements.
- 61–80 (Fair to Good) → You're on a solid path, with room to enhance alignment, growth, and satisfaction.
- 81–100 (Thriving) → You're thriving in your career. The focus here is maintaining momentum and continuing to challenge yourself.

2. Finances

Introduction & Importance

Money is more than just currency – it’s a tool that enables freedom, security, and opportunity. How we manage and relate to money profoundly impacts almost every area of life: our stress levels, relationships, career choices, personal growth, and even our health.

Financial well-being isn’t necessarily about how much you earn, but about how effectively you manage, grow, and align your finances with your life goals. Even a high income can feel limiting if debt, poor planning, or lack of clarity prevents you from living the life you desire.

A strong financial foundation provides peace of mind, reduces anxiety, and opens doors for meaningful experiences and personal growth. Conversely, financial stress can drain energy, create tension, and limit choices, making it difficult to focus on other life priorities.

Ask yourself:

- Do I feel in control of my financial situation today?
- Are my spending, saving, and investing habits aligned with my long-term goals?
- Does my financial life reflect my values, priorities, and vision for the future?
- How does my relationship with money affect my happiness, freedom, and personal growth?

Financial health isn’t just about numbers – it’s about clarity, empowerment, and alignment. When finances are managed well, they become a tool for freedom rather than a source of stress.

Reflection – Finances

Take some quiet time to reflect and write openly. Be honest with yourself – this is for your personal clarity and growth.

1. How do I currently feel about my financial situation? (Secure, stressed, overwhelmed, confident, etc.)
2. What are my strongest financial habits and practices?
3. Which financial habits or decisions are causing stress, limitation, or anxiety?
4. Do I have a clear understanding of my income, expenses, savings, and investments?
5. Are my financial goals clearly defined and aligned with my life goals?
6. How well do I manage debt, savings, and investments?
7. How does my relationship with money affect my daily choices and overall happiness?
8. What would financial freedom look like for me, and how close am I to achieving it?

Finances – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I feel in control of my financial situation.
2. My income meets my needs and supports my lifestyle.
3. I have clear, realistic financial goals for the short and long term.
4. I actively manage and track my spending, savings, and investments.
5. I am making progress toward financial freedom and independence.
6. I feel confident about my financial decisions and future.
7. I have a positive relationship with money and avoid limiting beliefs.
8. My finances allow me to pursue experiences, personal growth, and opportunities.
9. I manage debt responsibly and have a plan to reduce it.
10. Overall, I feel financially secure, empowered, and stress-free.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Your financial situation may feel unstable or misaligned. Focus on clarity, budgeting, and planning.
- 31–60 (Needs Improvement) → Some areas are working, but key habits or planning gaps need attention.
- 61–80 (Fair to Good) → You have solid financial habits, with room to enhance strategy and alignment with goals.
- 81–100 (Thriving) → Your finances are well-managed and aligned with your life goals. Focus on maintaining momentum and growth.

3. Health

Introduction & Importance

Health is the foundation of a fulfilling life. Without physical vitality, mental clarity, and emotional balance, it becomes difficult to enjoy other areas – career, relationships, personal growth, or fun. Good health empowers you to pursue your goals, maintain energy throughout the day, and experience life fully.

Health isn't just the absence of illness. It's about **strength, resilience, energy, and well-being** across multiple dimensions:

- Physical: nutrition, exercise, sleep, and stamina.
- Mental: focus, clarity, stress management, and emotional balance.
- Emotional: resilience, positivity, and emotional regulation.

Neglecting health often has a ripple effect, draining energy, reducing productivity, and impacting relationships and happiness. Conversely, taking care of your body and mind creates a foundation that supports growth, achievement, and joy in all areas of life.

Ask yourself:

- Do I feel energized and capable each day?
- Are my physical and mental habits supporting the life I want?
- How well do I manage stress and maintain emotional balance?
- Am I prioritizing health even amidst a busy schedule?

A life of balance begins with a body and mind that function optimally. Investing in health is investing in every other aspect of your life.

Reflection – Health

Take some quiet time to reflect on your overall health and well-being. Write openly and honestly – this is for your personal clarity.

1. How do I feel physically and mentally on most days? (Energized, tired, stressed, balanced, etc.)
2. How consistent am I with physical activity, exercise, or movement?
3. How balanced is my nutrition and eating habits?
4. Do I get enough restful sleep? If not, what affects it?
5. How well do I manage stress and emotional challenges?
6. Am I attentive to preventive health measures (check-ups, screenings, self-care)?
7. How often do I take time to relax, recharge, or practice mindfulness?
8. Do I feel my current health supports my lifestyle, goals, and energy needs?
9. What habits or behaviors are limiting my health and well-being?
10. If I could make one immediate change to improve my health, what would it be?

Health – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I feel physically energetic and capable on most days.
2. I maintain a consistent exercise or movement routine that suits my needs.
3. My nutrition and eating habits support my health and energy.
4. I get sufficient, restful sleep to feel refreshed daily.
5. I manage stress effectively and maintain emotional balance.
6. I am attentive to preventive health care and self-care practices.
7. My mental clarity and focus are strong throughout the day.
8. I feel that my overall health supports my life goals and lifestyle.
9. I actively practice habits that enhance my emotional and mental well-being.
10. I am confident that I can sustain or improve my health over time

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Health is likely a limiting factor in your life. Immediate attention to key habits is needed.
- 31–60 (Needs Improvement) → Some healthy habits exist, but critical areas need focus to improve energy, resilience, or wellness.
- 61–80 (Fair to Good) → You have good health habits in place, with room to enhance consistency, strength, and balance.
- 81–100 (Thriving) → Your health is strong, balanced, and supports your life fully. Focus on maintaining and optimizing habits.

4. Relationships

Introduction & Importance

Relationships are the heart of a fulfilling life. The quality of our connections – with family, friends, colleagues, and partners – profoundly affects our happiness, resilience, and sense of belonging. Strong, healthy relationships provide support during challenges, amplify joy during successes, and contribute to overall emotional well-being.

It's not just about the number of relationships, but the depth, quality, and alignment of those connections. Even one toxic or misaligned relationship can drain energy and create stress, while supportive, nurturing relationships can energize and uplift us.

Ask yourself:

- Do I feel truly connected to the people who matter most to me?
- Are my relationships mutually supportive and respectful?
- Do I invest enough time and attention in nurturing meaningful connections?
- How well do I communicate, resolve conflicts, and express love or appreciation?

Relationships are a two-way street – they require care, honesty, empathy, and boundaries. When nurtured, they become a foundation that supports growth, joy, and balance in all other areas of life.

Reflection – Relationships

Take a few quiet minutes to reflect on your relationships. Write openly and honestly – this is for your personal clarity.

1. How satisfied am I with my current relationships (family, friends, colleagues, partner)?
2. Which relationships bring me energy, joy, and support?
3. Which relationships feel draining, tense, or misaligned with my values?
4. Do I spend enough quality time with people who matter most to me?
5. How effective am I at communicating my needs, boundaries, and feelings?
6. Do I actively nurture and maintain meaningful connections?
7. How well do I handle conflict, disagreements, or misunderstandings?
8. Are my relationships balanced – giving and receiving support fairly?
9. How aligned are my relationships with my long-term life goals and values?
10. If I could improve one key relationship in the next 90 days, which would it be and how?

Relationships – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I feel deeply connected to the people who matter most in my life.
2. My relationships provide mutual support, respect, and care.
3. I dedicate sufficient time and energy to nurture meaningful relationships.
4. I communicate effectively, openly, and honestly in my relationships.
5. I handle conflicts and disagreements in a healthy and constructive manner.
6. I feel appreciated and valued by my family, friends, and peers.
7. My relationships contribute positively to my overall happiness and well-being.
8. I set and maintain healthy boundaries in my relationships.
9. I actively work to grow, maintain, and strengthen my key relationships.
10. Overall, I feel balanced and satisfied with the quality of my connections.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Relationships may be a source of stress or dissatisfaction. Focus on repair, boundaries, and clarity.
- 31–60 (Needs Improvement) → Some relationships are strong, but key areas need attention for better balance and connection.
- 61–80 (Fair to Good) → Relationships are generally positive, with opportunities to deepen connections and alignment.
- 81–100 (Thriving) → You have healthy, balanced, and fulfilling relationships. Focus on sustaining and enriching them.

5. Personal Growth

Introduction & Importance

Personal growth is the heartbeat of a fulfilling life. It is about consciously evolving – developing new skills, expanding knowledge, cultivating emotional intelligence, and deepening self-awareness. Growth ensures that we don't remain stagnant and that we continue to reach our full potential in all areas of life.

Without personal growth, even success in career, finances, or relationships can feel hollow. Growth fuels confidence, resilience, adaptability, and purpose. It keeps life exciting and allows you to respond effectively to challenges, embrace opportunities, and create the life you truly desire.

Ask yourself:

- Am I consistently learning, evolving, and challenging myself?
- Do I set aside time for reflection, skill-building, or expanding my horizons?
- Am I open to new experiences, ideas, and feedback that stretch me?
- How aligned is my personal growth with my long-term vision and values?

Investing in personal growth is not a luxury – it's a necessity. It empowers you to thrive, adapt, and contribute meaningfully to the world around you.

Reflection – Personal Growth

Take a few quiet minutes to reflect on your personal growth. Write openly and honestly – this is for your own clarity and insight.

1. How much time and effort do I invest in learning and self-development?
2. What new skills, knowledge, or experiences have I gained in the past year?
3. Am I actively challenging myself to grow outside my comfort zone?
4. Do I have a growth mindset, seeing challenges as opportunities rather than obstacles?
5. How well do I reflect on my experiences to learn and improve?
6. Do I seek feedback, mentorship, or guidance to enhance my personal growth?
7. How aligned is my personal growth with my long-term goals and values?
8. Which habits or behaviors are limiting my development and growth?
9. How balanced is my focus on growth across intellectual, emotional, and spiritual dimensions?
10. If I could accelerate my growth in one area over the next 90 days, what would it be?



Personal Growth – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I consistently invest time and effort in learning and self-development.
2. I actively seek new experiences and challenges to grow.
3. I have clear personal growth goals aligned with my values and long-term vision.
4. I maintain a growth mindset, seeing challenges as opportunities.
5. I reflect on my experiences to learn, adapt, and improve.
6. I seek feedback, mentorship, or guidance to enhance my development.
7. I regularly practice habits that support intellectual, emotional, and spiritual growth.
8. I am resilient and able to overcome obstacles to continue growing.
9. I feel I am progressing toward becoming the best version of myself.
10. Overall, I am satisfied with my personal growth and development journey.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Personal growth is limited or inconsistent. Focus on developing new habits, skills, and mindset shifts.
- 31–60 (Needs Improvement) → Some growth is happening, but key areas need more attention and intentionality.
- 61–80 (Fair to Good) → You are actively growing with clear progress, though opportunities remain to deepen development.
- 81–100 (Thriving) → You are committed to continuous growth and actively evolving toward your full potential.



6. Fun & Recreation

Introduction & Importance

Fun and recreation are often overlooked in our busy lives, yet they are essential for energy, creativity, and overall well-being. Engaging in enjoyable activities refreshes the mind, reduces stress, strengthens relationships, and enhances productivity.

Recreation is not just about leisure; it's about balance and rejuvenation. Life is richer when we allow ourselves to play, explore hobbies, pursue passions, and experience joy. Neglecting this area can lead to burnout, fatigue, and a sense of monotony, even if other areas of life seem successful.

Ask yourself:

- Do I regularly make time for activities I genuinely enjoy?
- How often do I feel playful, curious, or energized by life outside responsibilities?
- Are my hobbies, leisure, or recreation aligned with my interests and passions?
- Do I use recreation to recharge, connect with others, or express creativity?

Fun and recreation are not optional extras – they are fuel for a balanced, joyful, and fulfilling life. Prioritizing them helps you sustain energy, perspective, and happiness across all other life areas.

Reflection Prompts – Fun & Recreation

Take some quiet time to reflect on your fun and recreation. Write openly and honestly – this is for your personal clarity.

1. How often do I engage in activities that I truly enjoy or find fun?
2. Do I make time for hobbies, creative pursuits, or leisure activities regularly?
3. Which activities bring me the most joy, energy, or sense of freedom?
4. Are there activities I've stopped doing that I would like to bring back into my life?
5. How well do I balance responsibilities with recreation and play?
6. Do I use recreation to recharge physically, mentally, and emotionally?
7. How often do I engage in social or group activities that I enjoy?
8. Are my recreational activities aligned with my personal interests and values?
9. Do I feel guilty or hesitant when taking time for fun? If yes, why?
10. If I could add one new activity or hobby to my life this month, what would it be?

Fun & Recreation – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I regularly engage in activities that bring me joy, fun, and energy.
2. I make time for hobbies, leisure, and creative pursuits in my life.
3. My recreational activities help me relax, recharge, and refresh my mind and body.
4. I feel playful, curious, or energized by life outside my responsibilities.
5. I balance work, responsibilities, and recreation effectively.
6. I feel no guilt or hesitation when taking time for fun and enjoyment.
7. I engage in social or group activities that enhance my enjoyment of life.
8. My leisure and recreational activities align with my personal interests and values.
9. I actively seek new experiences, hobbies, or adventures that excite me.
10. Overall, I am satisfied with the amount and quality of fun and recreation in my life.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Fun and recreation are limited or neglected. Prioritize activities that bring joy and energy.
- 31–60 (Needs Improvement) → Some recreational habits exist, but balance and consistency need attention.
- 61–80 (Fair to Good) → You engage in enjoyable activities regularly, though more variety or frequency could improve well-being.
- 81–100 (Thriving) → You prioritize fun and recreation effectively, enriching your life and overall balance.

7. Spirituality

Introduction & Importance

Spirituality is about connecting to something greater than yourself – whether that is a higher power, universal energy, nature, or your own inner wisdom. It provides purpose, meaning, and inner peace, helping you navigate life with clarity and resilience.

Spirituality is not limited to religion; it encompasses values, beliefs, mindfulness, and practices that nurture the soul. A strong spiritual foundation can improve emotional balance, strengthen relationships, and enhance overall life satisfaction.

Ask yourself:

- Do I feel a sense of purpose and connection in my life?
- How often do I engage in practices that nurture my inner self (meditation, reflection, prayer, nature, mindfulness)?
- Do I align my daily actions with my core values and beliefs?
- How well do I manage challenges with inner strength and perspective?

A well-nurtured spiritual life acts as a compass, guiding decisions, creating resilience in adversity, and enhancing your sense of fulfillment. It supports all other areas of life by anchoring you in meaning and connection.

Reflection Prompts – Spirituality

Take a few quiet minutes to reflect on your spiritual life. Write openly and honestly – this is for your personal clarity and growth.

1. How connected do I feel to something greater than myself?
2. Do I have practices (meditation, prayer, reflection, nature, mindfulness) that nurture my inner self?
3. How often do I take time for quiet reflection or introspection?
4. Do I feel aligned with my core values, beliefs, and purpose in daily life?
5. How do I handle challenges, stress, or uncertainty – do I feel guided by inner strength or perspective?
6. Do I seek meaning and purpose in my actions and decisions?
7. How open am I to learning from spiritual or philosophical teachings?
8. Do my spiritual practices positively influence other areas of my life (relationships, health, career)?
9. Are there beliefs or practices I'd like to deepen or explore further?
10. If I could enhance my spiritual life in one way over the next 90 days, what would it be?

Spirituality – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. I feel a strong sense of connection to something greater than myself.
2. I have regular practices that nurture my inner self (meditation, prayer, reflection, mindfulness, etc.).
3. I feel aligned with my core values, beliefs, and purpose in daily life.
4. I take time for quiet reflection and introspection regularly.
5. My spiritual practices help me navigate challenges, stress, and uncertainty effectively.
6. I actively seek meaning and purpose in my actions and decisions.
7. I am open to learning from spiritual or philosophical teachings.
8. My spiritual life positively influences other areas of my life (relationships, health, career).
9. I am actively deepening or exploring my spiritual beliefs and practices.
10. Overall, I am satisfied with the level of spiritual connection and fulfillment in my life.

Scoring

- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Spirituality may feel disconnected or neglected. Focus on reflection, practices, and finding alignment.
- 31–60 (Needs Improvement) → Some spiritual habits exist, but there is room to deepen connection and purpose.
- 61–80 (Fair to Good) → Spiritual life is active and supportive, though growth and consistency could enhance fulfillment.
- 81–100 (Thriving) → You feel deeply connected, aligned, and guided. Spirituality enriches your life and supports other areas.

8. Environment

Introduction & Importance

Environment is more than just the physical space you occupy – it encompasses your home, workspace, social surroundings, and the energy that surrounds you daily. A supportive and organized environment nurtures focus, creativity, well-being, and productivity, while a chaotic or toxic environment can drain energy, create stress, and limit growth.

Your environment includes:

- Physical: cleanliness, organization, comfort, aesthetics, and safety.
- Social: people you spend time with, community, and culture.
- Psychological: the energy, mindset, and emotional atmosphere you create and experience.

Ask yourself:

- Does my environment support my goals, focus, and well-being?
- Are there aspects of my surroundings that drain my energy or create stress?
- Do I feel inspired, comfortable, and motivated in my home, workplace, or social settings?
- What changes can I make to create a healthier, more positive environment?

A well-curated environment acts as a catalyst for success and happiness, shaping your habits, energy, and mindset. Small changes can have a significant impact on your productivity, mood, and overall quality of life.

Reflection Prompts – Environment

Take a few quiet minutes to reflect on your environment. Write openly and honestly – this is for your personal clarity.

1. How supportive is my current home environment for my well-being and productivity?
2. How organized, clean, and comfortable is my physical space?
3. Does my workspace or study area enable focus, efficiency, and creativity?
4. How positive and supportive are the people I spend the most time with?
5. Are there relationships or social interactions in my environment that drain energy or create stress?
6. Do I feel inspired, motivated, and energized by my surroundings?
7. How often do I take steps to improve or optimize my environment?
8. Does my environment reflect my values, goals, and priorities?
9. Are there habits or routines I could implement to make my environment more supportive?
10. If I could improve one aspect of my environment over the next 90 days, what would it be?

Environment – Questionnaire & Scoring

For each statement below, rate yourself on a scale of 1 to 10:

- 1 = Strongly Disagree / Very Dissatisfied
- 10 = Strongly Agree / Completely Satisfied

Note the number that best represents your current reality next to statement.

Questionnaire

1. My home environment is clean, organized, comfortable, and supportive of my well-being.
2. My workspace or study area enables focus, efficiency, and creativity.
3. My surroundings inspire motivation, energy, and positivity.
4. The people I spend the most time with are supportive, encouraging, and uplifting.
5. My social environment aligns with my values, goals, and priorities.
6. I actively take steps to improve and optimize my physical and social environment.
7. I feel safe, secure, and comfortable in the spaces I occupy regularly.
8. I maintain boundaries that protect my energy and well-being from negative influences.
9. My environment helps me stay productive, focused, and balanced.
10. Overall, I am satisfied with my environment and how it supports my life goals.

Scoring

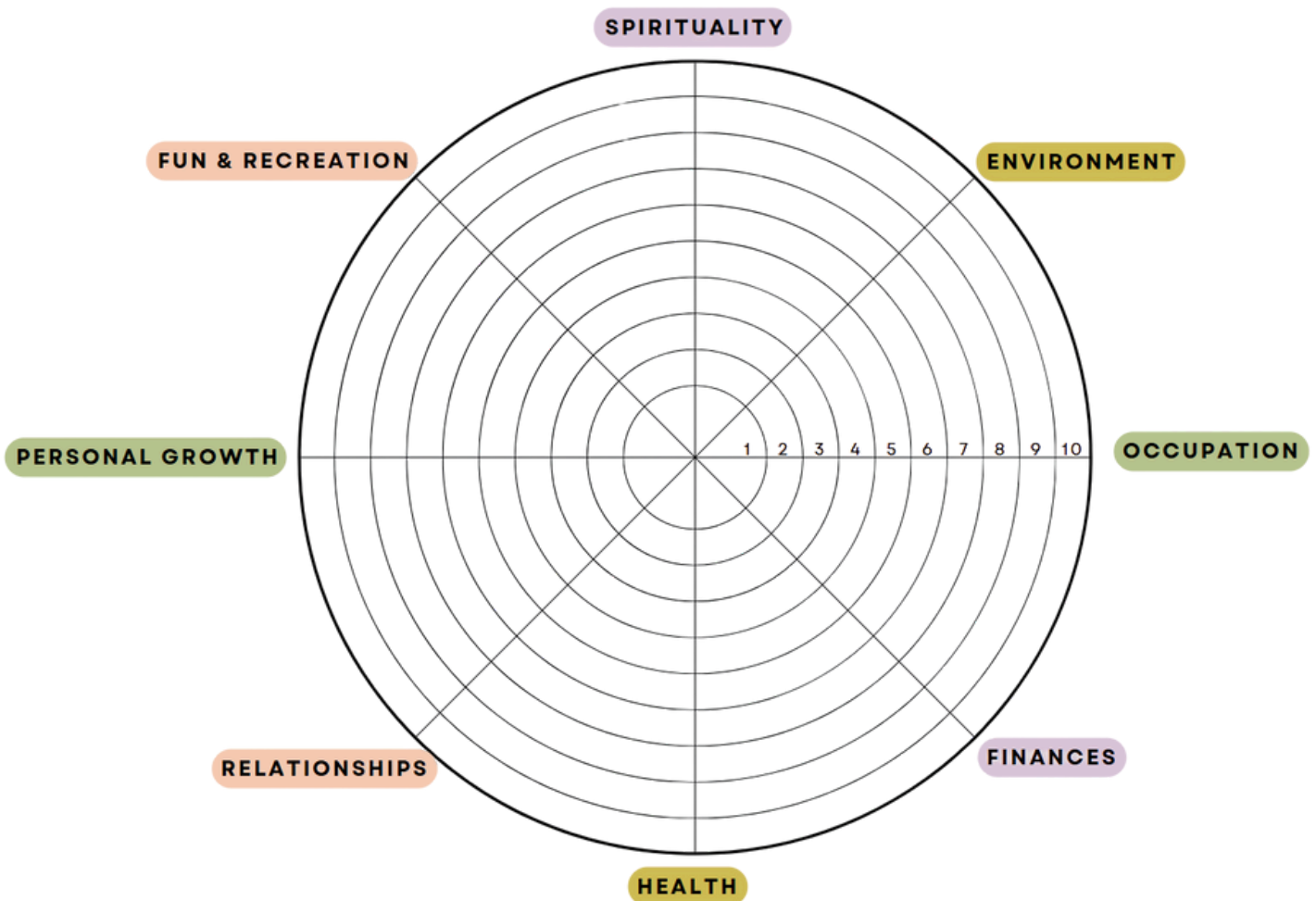
- Add up your total score (out of 100).
- Now divide the total by 10 to get your average rating (out of 10). Use this in Wheel on Page 22

Interpretation

- 0–30 (Struggling) → Environment may be a source of stress or limitation. Focus on decluttering, organizing, and improving key areas.
- 31–60 (Needs Improvement) → Some positive aspects exist, but critical areas need attention for better support and balance.
- 61–80 (Fair to Good) → Environment is generally supportive, with room for optimization and improvement.
- 81–100 (Thriving) → Your environment is well-curated, supportive, and positively impacts all areas of your life

Wheel of Life

Plot your scores for each life area (out of 10) on the below 'Wheel of Life' by putting dots representing your score on each line.



Connect the dots representing your score on each spoke. Now reflect on your wheel. Does it look smooth, balanced or jagged? Which areas feel out of sync?

Action Plan & Conclusion

Congratulations! By completing the Life Audit across the 8 key areas – Career, Finances, Health, Relationships, Personal Growth, Fun & Recreation, Spirituality, and Environment – you now have a comprehensive understanding of where you stand and where you want to go. **This is your moment to convert awareness into action.** Insights alone don't create change; structured, intentional action does. This section will help you prioritize, plan, and commit to steps that will transform your life over the next 90 days.

Step 1: Review Your Scores and Insights

- Look back at the scores and notes from each life area.
- Identify your strongest areas – what's working well and can be maintained or enhanced.
- Identify your growth opportunities – the areas that need attention and improvement.
- Reflect on recurring themes, patterns, or limiting factors that may appear across multiple areas.

Step 2: Prioritize Your Focus Areas

- Choose 2–3 key areas that will have the greatest positive impact if improved.
- Remember: focus on progress, not perfection. Small, consistent changes compound over time.

Step 3: Define Your 90-Day Goals

For each priority area:

1. Goal Statement: Write a clear, specific, and measurable goal.
2. Why It Matters: Note why this goal is important and how it will improve your life.
3. Action Steps: List 3–5 practical steps you will take to achieve this goal.
4. Resources & Support: Identify tools, people, or practices that will help you succeed.
5. Timeline / Milestones: Break down the goal into smaller milestones to track progress.

Step 4: Commit to Consistency

- Decide on a daily, weekly, and monthly routine to implement your action steps.
- Track progress in a journal or planner, noting wins, challenges, and adjustments.
- Celebrate small victories along the way – consistency builds momentum.

Step 5: Reflection & Adjustments

- At the end of 90 days, revisit this workbook:
 - Which goals were achieved?
 - What challenges arose, and what did you learn?
 - How will you adjust your next 90-day action plan?

Life is a continuous journey of growth and refinement. Use this audit and action plan as a living tool – revisit it periodically, update your scores, and renew your commitment to living a balanced, fulfilling, and purpose-driven life.

With this Life Audit Tool, you've gained clarity on where you stand and where you want to go

Now it's time to bridge the gap and create the life you were meant to live

Start your new journey by joining the most effective Fast-Track System



Go To  www.lsmimethod.com

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