

# YOUR MINI AUDIT

A self-guided **clarity** check-in for midlife women ready to make a shift.

THE *Life* EDITS

# *Welcome to Your Midlife Edit Mini Audit!*

This guide offers a brief look into how you can begin to assess where you are in your life right now and where you want to go. This is a small taste of the deeper work you can do in the full Midlife Audit Workbook. It's the perfect starting point for those ready to begin their journey of redesigning their Midlife Edit.

## *Step 1*

### **Taking Stock – Where Are You Now?**

Begin to reflect on your current reality and identify areas that feel fulfilling or where you feel a need for change.

### **How do you **feel** about where you are right now?**

*Tip* Think about how you feel in different areas of life: relationships, work, health, or finances.

## What areas of your life feel **fulfilling**?



Are there things you're doing right now that brings you joy or satisfaction?

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## What areas are causing **frustration** or stress?



What parts of your life feel stuck, overwhelming, or out of alignment?

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## Step 2

### Your Desire for Change – Where Do You Want to Be?

This is where you get to dream a little. Take a moment to reflect on where you'd like to be in the next 6-12 months, and start thinking about the actions needed to make it happen.

### What would your life look like if you were to align your time and **energy** with your core values and goals?



Write down a few key things you'd like to see change in your life.

## What's one thing you can start doing today to move toward that **future**?



Choose one small, actionable step you can take right now to start moving forward.

### *Step 3*

#### **The Cost of Your Time**

How Are You Spending Your Time Right Now?

We all have activities that aren't aligned with our values or goals. The key to success in the next phase of your journey is identifying where you could be spending time more productively doing things that bring you joy. The reality is, when we "waste" time on distractions, we're not just missing out on personal growth—we're missing opportunities to earn too.

#### **How much time do you currently spend on activities that don't fulfil you?**



For example, excessive time on social media, watching TV, or other distractions that you feel obligated to do but don't have to do. How much could you be earning if you spent that time learning a new skill or working on a passion project just for yourself?

**Think about the activities that bring you joy**—whether it’s a hobby, a passion project, or something you’ve always wanted to try.



*Are there ways you could monetize these interests or skills?*

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## **Start Earning While You Enjoy Life**

Now that you’ve identified what brings you joy, it’s time to think about taking action. Even a small amount of time dedicated to learning and practicing can bring in extra income, and over time, those small steps can lead to larger opportunities.

Start by:

- Investing an hour or two a week in learning a new skill or building a side hustle.
- Looking at online platforms where you can monetize your passion (like Etsy, Fiverr, Skillshare, or even Amazon!).
- Setting realistic goals for how much time you can dedicate to learning and earning.

## Step 4

### Getting Real – What's Holding You Back?

Here's where we address the internal barriers that might be stopping you from taking action.

### What fears or limiting **beliefs** are holding you back from making changes?

*Tip* Consider what fears come up when you think about making big changes—whether it's fear of failure, fear of success, or a belief that you're not worthy of success.



### What's one small **change** you can make today to start shifting those beliefs?

*Tip* Think of one action you can take today that challenges your current fears or limiting beliefs.



## *The Next Step: Ready for More?*

Congratulations! You've just completed a mini-audit of your current situation. Hopefully, this exercise has sparked some valuable insights for you to ponder, and you're beginning to see the possibilities for your future.

If you're ready to dive deeper into each of these areas and take real action toward your ideal life, then Your Midlife Mirror is the perfect tool for you. This comprehensive Workbook will guide you through every step of your journey, providing detailed exercises, reflection prompts, and personalized strategies to help you create a sustainable, fulfilling future.

### *Take Action Now*

If you're ready to make lasting change and take your Midlife Edit to the next level, [click here to get Your Midlife Mirror](#) and continue your journey with clarity, confidence, and purpose.

Prefer a Chat? Schedule a Free Discovery call with Lisa [HERE](#).