

THE 5-MINUTE SELF-DISCOVERY AUDIT

*Reconnect with Yourself. Gain Clarity.
Take the First Step Back to You.*

If you've been holding everything together for everyone else...
this is a moment just for you.

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Before You Begin...

If you're here, something inside you already knows:
this isn't how you want to feel anymore.

Maybe you're not in crisis.
Maybe nothing is "wrong" on the outside.

And yet...

- You feel tired in a way rest doesn't fix
- You've lost touch with who *you* are
- You feel disconnected from your joy, femininity, or inner spark
- You wonder quietly, "*Is this really it?*"

This audit is not about fixing you.
It's about **listening to yourself again.**

Take a breath.
You're exactly where you need to be.



How This Works (Keep It Simple)

This will take about 5 minutes.

You'll answer a few short questions — honestly, without overthinking.

There are:

- no right answers
- no scores
- no pressure to “do” anything afterward

Just awareness.

And awareness changes everything.



1. Right now, I feel most disconnected from...

(Circle or highlight what resonates)

- My sense of identity
- My emotions
- My body
- My intuition
- My joy
- My purpose
- Myself

Pause here for a moment.

What surprised you about what you chose?

2. Lately, my inner dialogue sounds like:

- "I should be grateful... but I'm not happy"
- "I don't know what I want anymore"
- "I'm exhausted from being strong"
- "I feel guilty wanting more"
- "I don't recognize myself"

If one sentence stood out, write it down:



3. *These areas of my life feel draining right now:*

(Choose all that apply)

- Work / career
- Relationships
- Family responsibilities
- Finances
- Health / energy
- Emotional weight from the past
- Decision fatigue
- Feeling responsible for everyone else

What drains you the most – not logistically, but emotionally?

4. *When was the last time you felt truly like yourself?*

- Recently
- A few months ago
- Years ago
- I honestly don't remember

If you *do* remember – what were you doing then?



5. *If nothing was “wrong,” what would you want more of?*

- Calm
- Clarity
- Confidence
- Joy
- Purpose
- Connection
- Freedom
- Self-trust

Notice: wanting more does **not** mean you're ungrateful.

6. *Complete this sentence honestly:*

“If I were being fully honest with myself, I miss...”
(write freely — no censoring)



7. *Which statement feels most true right now?*

- I know something needs to change, but I don't know what
- I feel stuck between who I was and who I'm becoming
- I've outgrown my old life, but haven't built the new one yet
- I'm ready for support — I just don't want pressure

If you chose the last one, that's important.



What This Audit Is Showing You

Based on what you noticed, it may be true that:

- You're not broken — you're disconnected
- You don't need motivation — you need clarity
- You don't need to "push harder" — you need alignment
- You don't need to do this alone

Often, the first step isn't action.

It's **permission**.

Permission to pause.

Permission to listen.

Permission to choose yourself again.



If This Resonated...

You don't have to figure out the next step on your own.

A **Free Clarity Call** is simply a conversation — to understand where you are, what you need, and whether support feels right.

No fixing.

No selling.

Just clarity.

👉 **Book Your Free Clarity Call:**
<https://calendly.com/coachirina/clarity>



One Last Thing

You didn't find this by accident.

The part of you that's asking for more
is the same part that knows how to guide you forward.

You're not late.

You're not behind.

You're just beginning again — consciously.

Your journey back to you has already started.

With care,
Irina

