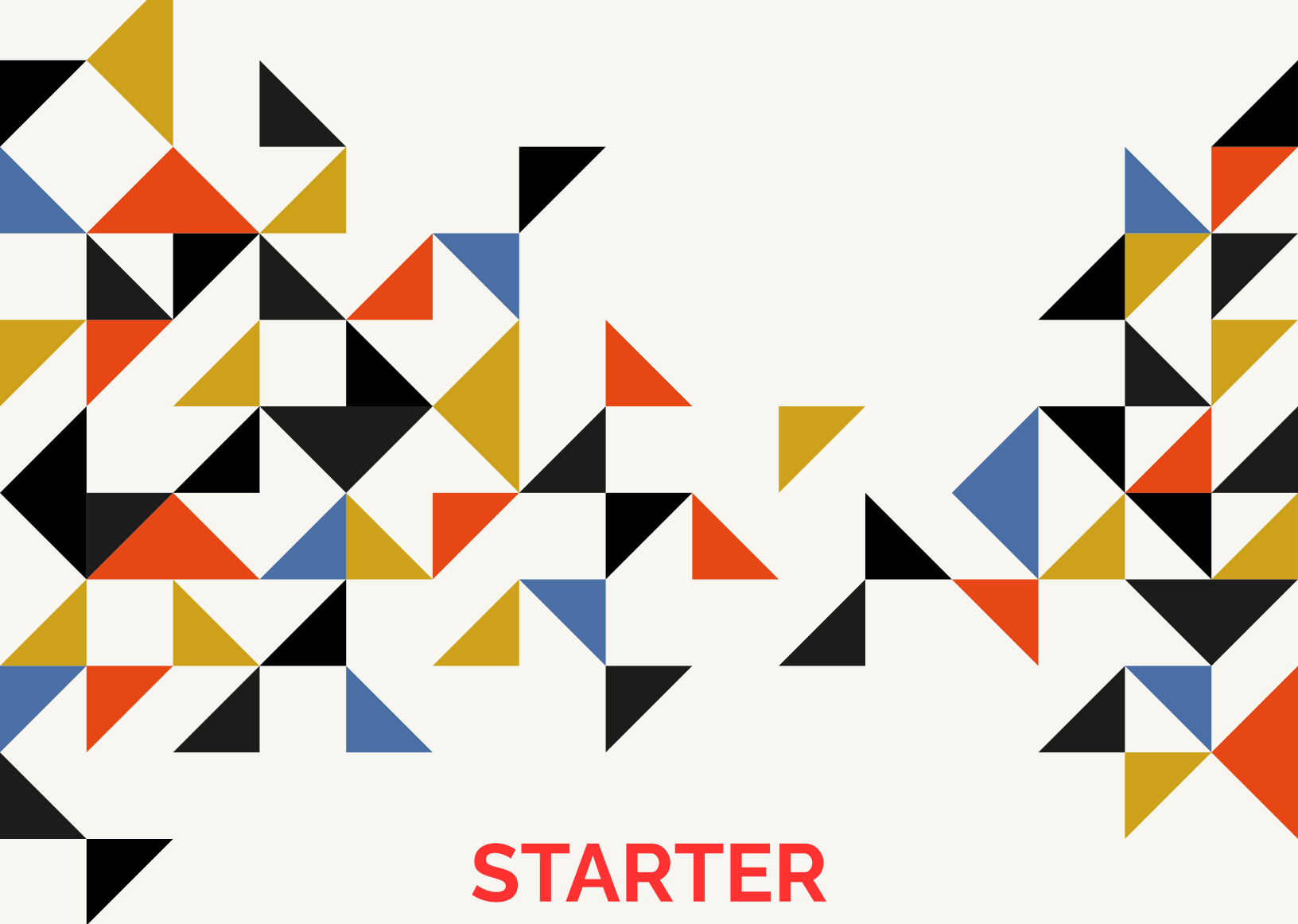




STARTER **LIFE AUDIT** for Active Introverts

WORKBOOK

a revolutionary tool to keep your goals alive, thriving, and aligned
with what truly matters most to you.



Active
Introvert

A Life Audit

STARTER



You will only get ahead if you get organized. The first step to organizing your life is to take an inventory of your life—a life audit.

I know, it sounds daunting. But stay with me...

A life audit is a comprehensive, reflective process where individuals evaluate different areas of their lives—such as career, relationships, health, finances, and personal growth—to gain clarity on what's working, what's not, and where adjustments are needed. It helps people align their actions and goals with their values, identify gaps, and create a roadmap for improvement or change.

What is a Life Audit for Active Introverts?

For active introverts, a life audit should cater to their strengths of introspection and their preference for purposeful action while avoiding overwhelming social or extroverted pressures.

It would help them assess how well they balance personal time, professional ambitions, social engagements, and self-care within the framework of their introverted energy levels.

So, here you are. And, here it is: Your Starter Life Audit for Active Introverts: a glimpse into a revolutionary tool to keep your goals alive, thriving, and aligned with what truly matters most to you.

Let's get started.



How to Get Results.

Your Commitment Starts Here

Before you turn the page, take a moment to set your intention. If you will, this is your starting point—the seed of transformation — your WHY.

Complete this sentence:

***The reason I purchased this workbook is because I want more
----- in my life moving forward.***

Write your answer below and remember it as you work through each section. Let it be your compass when the process feels challenging.

A Note of Encouragement

Doing the hard work now will reward you later. This workbook is a journey—a guide to help you think deeply, make meaningful changes, and take action toward your goals. Whether you're looking for clarity, balance, or growth, this path will help you move forward in ways that matter to you.

Take the first step, and trust the process. Your effort will lead to progress, and your progress will lead to results.

SECTION 1: CORE VALUES & IDENTITY

DEFINE YOUR CORE VALUES AND RECONNECT WITH WHAT TRULY
MATTERS TO CREATE A STRONG FOUNDATION FOR INTENTIONAL
LIVING.



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Core Values & Identity

DEFINE YOUR CORE VALUES

1. Reflection Exercise:

Write down 5–6 values that are most important to you. Use these prompts to help you identify them:

- What qualities do I admire in myself and others?
- When do I feel most fulfilled or proud?
- What situations make me feel uneasy or uncomfortable?

Examples: Integrity, Growth, Connection, Balance, Creativity, Independence. .

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

SECTION 2: ENERGY MANAGEMENT AUDIT

IDENTIFY WHAT ENERGIZES AND DRAINS YOU, AND LEARN TO
PROTECT AND REPLENISH YOUR ENERGY TO FOCUS ON
WHAT MATTERS MOST.



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Where Does Your Energy Go?



ENERGY MAPPING

Energy Mapping Exercise:

Over the next 3 days, track your energy levels during the day using a **scale of 1 - 10** (1 = completely drained, 10 = highly energized).

Tasks	Day 1	Day 2	Day 3
Work Tasks			
Social Interactions			
Alone Time			
Creative Projects			
Self-Care Activities			
Other			
Average Energy Score			

Look for patterns, ups & downs, dread, and excitement. Explore why you are feeling those things with those activities.

SECTION 3: SUCCESS & FULFILLMENT MAP

REFLECT ON YOUR ACHIEVEMENTS AND SET MEANINGFUL GOALS
THAT ALIGN WITH YOUR VALUES AND BRING YOU JOY AND
FULFILLMENT.



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Success & Fulfillment Map

REFLECTING ON ACCOMPLISHMENTS

1. Achievement Reflection Exercise:

List three recent achievements, big or small, that you feel proud of.

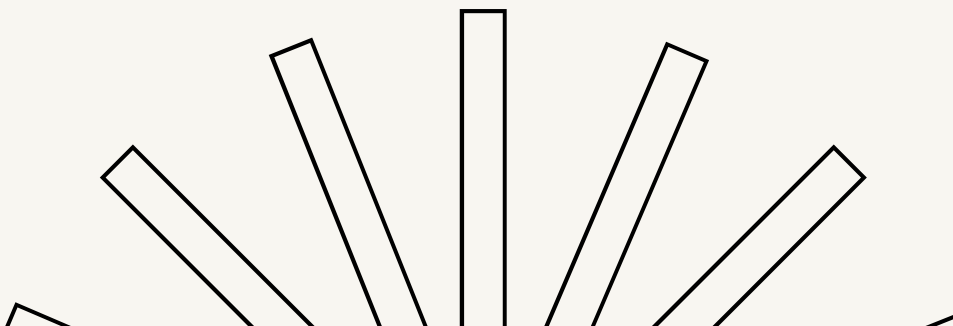
Example: Completing a challenging project, maintaining a personal routine, learning a new skill.

- For each achievement, write:

My Achievement	Why was this important to me?	How did it align with my values?

2. Reflection Questions:

- What strengths or habits helped me achieve these milestones?
- What emotions do I associate with these accomplishments?



SECTION 4:

BALANCED LIFESTYLE

REVIEW

ASSESS YOUR PERSONAL, SOCIAL, AND PROFESSIONAL
COMMITMENTS TO CREATE HARMONY AND AVOID OVERWHELM OR
UNDER-ENGAGEMENT.



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Balanced Lifestyle Review

ASSESSING YOUR COMMITMENTS

1. Activity Inventory Exercise:

Write down all your major commitments, categorized into:

- **Personal (P):** Self-care, hobbies, health routines.
- **Social (S):** Family, friends, community.
- **Professional (PR):** Work, side projects, learning.

Next to each, label it as: Too much (overwhelming), Too little (needs attention), or Just right (satisfying as it is).

Major Commitments	Too Much	Too Little	Just Right

Reflection Questions:

- Which areas feel the most imbalanced?
- Where am I overextending myself, and where am I neglecting what matters?

SECTION 5: SOCIAL LIFE & BOUNDARIES CHECK-IN

STRENGTHEN YOUR RELATIONSHIPS AND SET HEALTHY BOUNDARIES
TO PROTECT YOUR TIME AND ENERGY WHILE FOSTERING
MEANINGFUL CONNECTIONS.



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Social Life & Boundaries Check-In

ASSESSING YOUR SOCIAL CONNECTIONS

1. Connection Quality Exercise:

- Write down the names of 5 people you interact with regularly.
- Next to each name, note:
 - How they make you feel (**energized, neutral, or drained**).
 - The frequency of interaction (**daily, weekly, monthly**).
- Mark any relationships that need more attention or boundary adjustments.

People I Interact with Regularly	Make Me Feel	Frequency

Reflection Questions:

- Which relationships bring out the best in me?
- Are there interactions I'm prioritizing that don't align with my energy needs?

SECTION 6:

REFLECTION PROMPTS

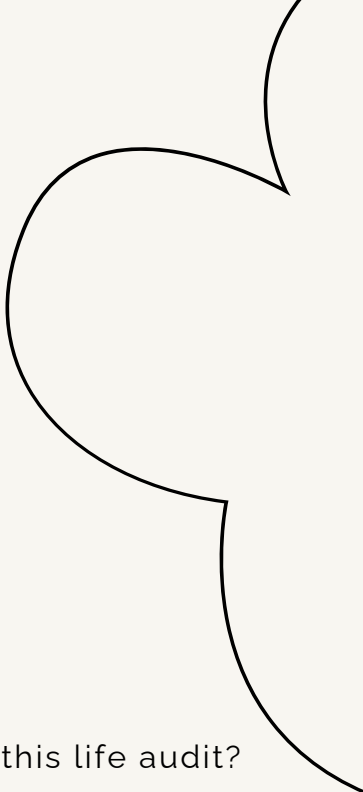
& JOURNALING

USE OPEN-ENDED QUESTIONS AND JOURNALING EXERCISES TO
DEEPEN YOUR INSIGHTS AND TURN REFLECTIONS INTO
ACTIONABLE STEPS.



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Reflection Prompts & Journaling



DEEP DIVE INTO SELF-REFLECTION

1. Prompts for Reflection:

- What has been the most surprising insight I've gained during this life audit?
- What areas of my life feel the most aligned with who I want to be?
- If I could change one thing about my life right now, what would it be? Why?

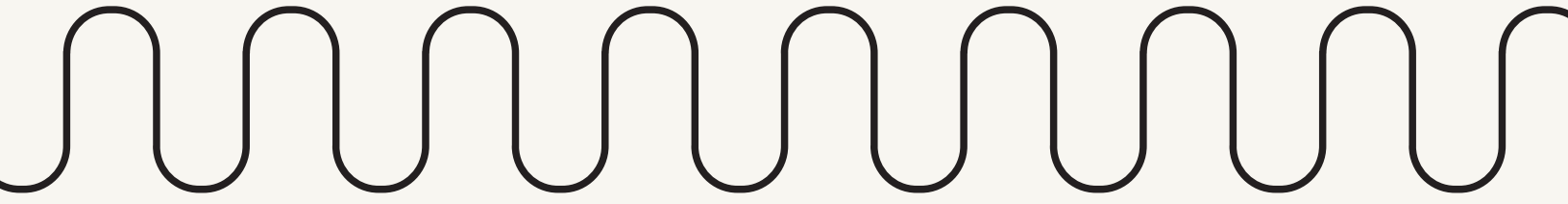
FINAL SUMMARY: BUILDING YOUR ACTION PLAN

CONSOLIDATE YOUR INSIGHTS INTO A CLEAR, ACTIONABLE PLAN AND
INTEGRATE THE LIFE AUDIT INTO YOUR DAILY, WEEKLY, AND
QUARTERLY ROUTINES.



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Building Your Action Plan



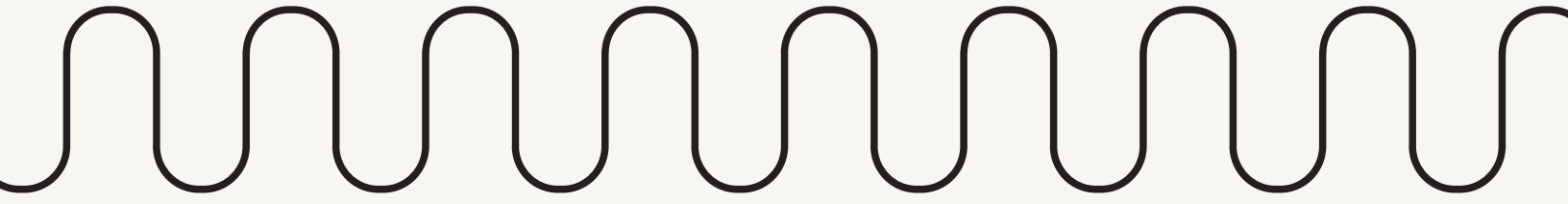
CONSOLIDATING YOUR INSIGHTS

1. Reflect on Key Takeaways:

Write down your most valuable insights (your Big Takeaways) from each section:

- **Core Values and Identity:** What values guide my life?
- **Energy Management:** What energizes and drains me?
- **Success and Fulfillment:** What achievements matter most, and what's my next goal?
- **Balanced Lifestyle:** Where can I create more harmony?
- **Social Life and Boundaries:** Which relationships uplift me, and where do I need boundaries?

Building Your Action Plan



CONSOLIDATING YOUR INSIGHTS

2. Create a Snapshot:

Summarize your current state in one sentence for each category. Capture 3-4 examples and then distill down from those to capture one statement.

Example: My core value of growth is present in my career, but I need to integrate it more into personal hobbies.

Keep the Momentum Going

THREE WAYS TO KEEP BUILDING YOUR BEST LIFE.

Here are three ways you can keep building momentum and making your best life happen:

1. Life Audit for Active Introverts Workbook - Full Edition (\$)

Benefits of Full Workbook:

- 6 life audit sections with actionable steps
- Journaling prompts and planning tools
- A step-by-step action plan to carry you forward

Get the full [Life Audit for Active Introverts workbook](#) and create lasting change—personally and professionally.

2. AI Coach: Your Life Audit, Leveled Up (\$)

What if you could have a smart coach at your fingertips whenever you need it?

The Life Audit AI Coach Toolkit gives you:

- Expert prompts you can use with ChatGPT (or your favorite AI)
- Custom ways to dig deeper into your insights
- Strategies to turn clarity into action
- A system to stay accountable over time

It's like having a life strategist on call — without the hourly rates.

[\[Grab the Life Audit AI Coach Toolkit →\]](#)

3. 1-on-1 Life Audit Coaching: Personal Support Tailored for You (\$\$) *(Limited Spots)*

Need a real human to help you think it through, build a real plan, and stay motivated? Let's do it.

I offer limited 1-on-1 coaching spots for people who want:

- Help getting started with or after their Life Audit
- Custom next steps based on their goals
- Personal guidance from someone who understands introverted strengths

One powerful session could change everything.

[\[Book a 1-on-1 Life Audit Coaching Session with Joe →\]](#)

THANK YOU FOR INVESTING IN YOURSELF AND
TRUSTING ACTIVE INTROVERT TO HELP.

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www.activeintrovert.com

The Author



HEY. I'M JOE.

Joe Smith is the founder of Active Introvert, a brand created to help success-minded introverts thrive—professionally and personally—without pretending to be extroverts.

With over 25 years of experience in leadership development and learning strategy, Joe blends psychological insight, practical tools, and real-life experience to help fellow introverts gain clarity, confidence, and momentum.

As a lifelong introvert and builder of bold ideas, Joe created the Life Audit for Active Introverts to serve as both a mirror and a map—guiding readers to reflect deeply and move intentionally toward the life they truly want. His work inspires action without overwhelm, empowering introverts to lead, grow, and succeed on their own terms.

Find more resources, insights, and inspiration at activeintrovert.com or follow along on LinkedIn, Instagram, and Etsy @activeintrovert.

