

Life Audit

For the following categories, describe what 'success' looks and feels like.

What are you aiming for here?

CAREER	PHYSICAL HEALTH	MENTAL HEALTH
PURPOSE & LIFE DIRECTION	HOBBIES	LOVE & RELATIONSHIPS
MONEY		

Life Audit

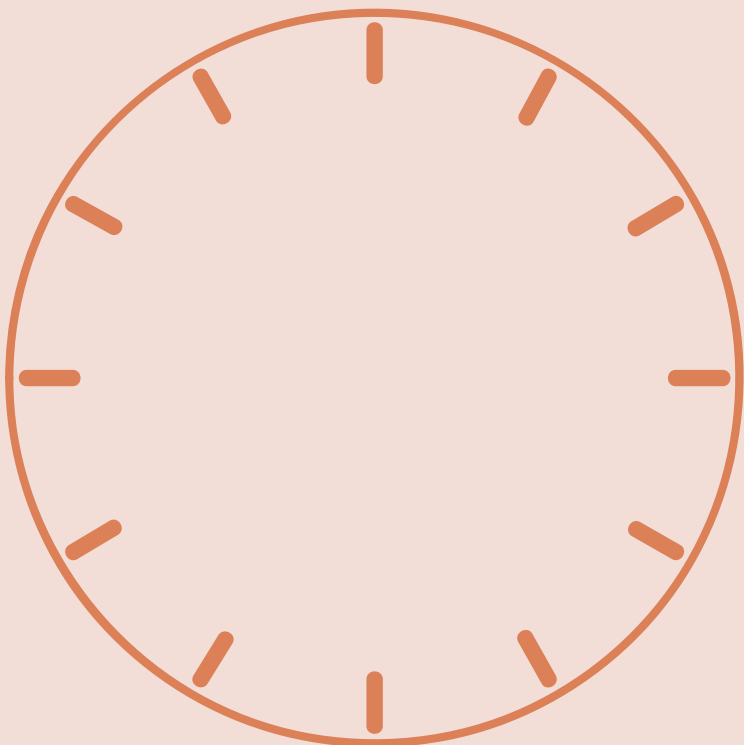


CURRENT WEEK

Use the outline to determine how you currently spend your time in a typical week.

Consider the following prompts:

- Work/Career
- Socialising
- Social Media/TV/Netflix
- Relationship + Family Time
- Exercising
- Self-Development



IDEAL WEEK

In this second outline, determine what an 'ideal' week would look like. Re-divide your time in accordance with what you would like to prioritise more/less of in your life.

Start, Stop, Continue

How can we get from Diagram A to Diagram B?

What do you need to implement into your life (start)? What do you need to stop doing (stop)? What are you already doing well (continue)?

START

STOP

CONTINUE

ONE-OFF TASKS

People to reach out to, things to research, or one-off actions to set you up for success eg. writing a financial budget