



# LIFE AUDIT WORKBOOK

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# WHAT IS A LIFE AUDIT?

This workbook was created to help give you holistically examine different aspects of your life. Through guided questions you will be able to explore what's working for you, and areas where you would like to improve.

At the end you will create a plan to address the areas of your life that you would like to change.

I invite you to start this process with an intention. First that you will be brutally honest with yourself. This audit of your life is for you and you only. There is no shame to admit that you're struggling or would like to get in better alignment with something. This only works if you are honest with yourself.

Next, ask yourself: what am I hoping to achieve by completing this life audit? Write your answers below:

# VALUES

Values are the things in our lives that we give the most importance to. Everyone's values may look different, and that's okay. They depend on how you were raised, what you've internalized from your culture, and what feels most authentic to you.

Here's a list of some values. Circle the ones that resonate with you:

FAMILY

ADVENTURE

INTEGRITY

CONNECTION

ACHIEVEMENT

FORGIVENESS

GENEROSITY

GRATITUDE

BEAUTY

KINDNESS

COMPASSION

SERVICE

HEALTH

SPIRITUALITY

SECURITY

FREEDOM

HARD WORK

ABUNDANCE

HONESTY

LOYALTY

RESPECT

COURAGE

LOVE

INTUITION

CREATIVITY

CAREER

JOY

ADAPTABILITY

TEAM WORK

INNER PEACE

# VALUES

**What are some of my other values that were not listed?**

**What are my top three values and why are they most important to me?**

# VALUES

**In what ways am I in alignment with my values?**

**How am I out of alignment with any of my values?**

**What gets in the way of being fully in alignment with my values?**

# VALUES

**What do I need shift to be more in alignment with my values?**

**What steps can I take to become more in alignment with my values? Make sure to address any barriers you can anticipate.**

# PHYSICAL HEALTH

What is going well with my physical health?

What is not going well with my physical health?

Is there anything preventing me from taking care of my health? If so, what?

# PHYSICAL HEALTH

**What does aligned physical health look like for me?**

**What do I need to change to be more in alignment with physical wellness? Address the barriers you identified before and how you plan on working through those challenges:**



# MENTAL HEALTH

**What is the current state of my mental health? (Don't think just today, think overall the last month or so).**

**What are the factors influencing my current mental health status (stress, trauma, biochemical, protective factors):**

# MENTAL HEALTH

What are things that have a positive impact on my mental health? Think about all aspects of life; coping strategies, relationships, your environment, rest, ect.

Are there things I know you can do to help my mental health, but I haven't been doing them? If so, what are they, and what has been the barrier?

# MENTAL HEALTH

What are some action steps I can take to improve my mental health? Be sure to address any barriers you identified, and ways that you can work through these challenges.

# **SPIRITUALITY**

**What is my relationship with spirituality?**

**How spiritually connected do I feel now?**

**What in my life influences my spiritual connection or disconnection?**

# **SPIRITUALITY**

**What do I want my spiritual life to look like?**

**What changes can you make to be more in alignment with your spirituality?**

# **PURPOSE AND PASSION**

**What gives my life purpose and meaning?**

**If you work, do you feel passionate about the work that you do? If no, are there other areas of your life that make you feel passionate?**

# PURPOSE AND PASSION

What lights me up and makes me feel excited about life?

How much time do I give myself to pursue the things that light me up?

Is there anything that gets in the way of giving myself more time to pursue my passions?

# PURPOSE AND PASSION

Are there things I would like to devote more time to that will make me feel more fulfilled? Think things like job changes, volunteering, new activities.

What goals do I have around your career, purpose, and/or passion?

What steps can I take to pursue these goals?



# RELATIONSHIPS

**What are the most important relationships in my life?**

**How healthy are these relationships? What makes them that way?**

**Do I feel a sense of connection to others? If not, do I want to feel more connected?**

# RELATIONSHIPS

How good am I at setting boundaries when they are needed?  
If this is a struggle for me, what makes it difficult to have healthy boundaries with others?

What are some boundaries that I need to set with myself or others? Or any difficult conversations I need to have.

# FINANCES

**What do my finances look like? Do I have savings, am I in major debt? Am I living on a budget, or outside of my means?**

**What are my financial goals?**

**What prevents me from achieving them?**

# FINANCES

**Do I make a lot of impulse buys or am I thoughtful about purchases?**

**Do I spend money to cope with stress? If so, what does this look like for me?**

**What can I do to become even more financially stable?**

# MYSELF

How do I feel about myself?

How do I talk to myself?

How confident do I feel? Why?

# MYSELF

When I make a mistake, do I give myself grace or beat myself up over it?

Do I treat myself the way I would someone I loved?

What can I do to form a better relationship with myself?

# LIFE VISION

Taking everything into consideration, write down your ideal life vision.

# LIFE VISION

**What needs to change in order for you to align with this vision?**



# LIFE VISION

Create a plan for yourself. Don't try to change everything at once. Pick somewhere to start and then keep adding to it once you make the changes you feel will be beneficial.