



The 10-Minute Life Audit

A starter guide for quick clarity



This simple yet powerful guide is designed to help you quickly assess your life, identify key areas for improvement, and create a micro-plan for positive change. Let's dive in!

Step 1: Rate Your Life Areas (0–10)

Take a moment to rate the following areas of your life on a scale of 0 to 10, where 0 is completely dissatisfied and 10 is thriving. Be honest with yourself – this is for your benefit!

- Energy
- Mindset
- Work
- Relationships
- Finances
- Fun
- Health
- Environment

Step 2: Choose ONE Area to Improve This Week

Select the **ONE** area from the list above where even a small improvement would make a big difference. Don't try to tackle everything at once. Focus your energy!

Consider these questions:

- What's one small thing I could do to feel 5% better here?
- What's currently draining me in this area?
- What am I avoiding related to this area?

Step 3: Make a 7-Day Micro Plan

Create a tiny, manageable plan for the next 7 days. The key is consistency, not perfection.

Area of Focus: _____

1 Tiny Action I Will Do Daily: _____

How I Will Track It: _____

What “Better” Will Look Like in 7 Days: _____

Step 4: Reflection

At the end of the week, ask yourself:

What shifted for me when I paid attention to this one area?

Congratulations! You've completed your 10-Minute Life Audit. This is just the beginning. The full version of the guide goes deeper, providing more tools and strategies for lasting positive change. Keep exploring and investing in yourself!

Next Steps:

- Reflect on your experience and consider what you learned.
- Continue your micro-plan or adjust it based on your reflection.
- Consider exploring the full version of the guide for more in-depth strategies.