🌟 Personal Self-Audit Template for Self-Growth

Use this self-audit template monthly or quarterly to reflect, reset, and realign. Find a quiet space, give yourself 30–60 minutes, and journal your responses honestly.

🧠 Self-Awareness & Mindset
· · What are three things I've learned about myself recently?
· · When do I feel most like myself?
· · What beliefs or thoughts are holding me back?
· · What internal dialogue do I need to challenge or change?

❤️ Emotional Health
· · How have I been managing my emotions lately?
· · What triggers me most, and how do I usually respond?
· · Am I giving myself space to rest, feel, and recharge?
· · How do I show myself compassion?

🔄 Habits & Routines
· · What habits are helping me grow?
· · What habits are keeping me stuck?
· · Where am I wasting the most time or energy?
· · What new habit would support the version of me I'm becoming?

🖼️ Purpose & Direction
· · What's most important to me right now?
· · Am I living in alignment with my values?
· · What short-term goal am I working toward?
· · What long-term dream have I been avoiding or delaying?

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💬 Relationships & Boundaries
· · Who energises me? Who drains me?
· · Am I setting healthy boundaries?
· · How am I showing up in my relationships?
· · What relationships need nurturing, distance, or closure?

💼 Work / Passion / Contribution
· · Do I feel fulfilled by the work I'm doing?
· · Am I growing or coasting?
· · What strengths do I use regularly—and what's being wasted?
· · How am I contributing to others or the world?

🔋 Energy & Wellbeing
· · Am I physically taking care of myself (sleep, nutrition, movement)?
· · What's my current stress level (1–10)? Why?
· · What do I need to feel more balanced and energised?

✅ Accountability & Next Steps
· · What are 1–2 things I will stop doing?
· · What are 1–2 things I will start doing?
· · Who or what can help keep me accountable?

💭 Final Reflection
What does the best version of me need right now?

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