



CE
CERTIFIED
— EMPIRE —

THE ANNUAL LIFE AUDIT



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INTRODUCTION TO THE ANNUAL LIFE AUDIT

A Structured Review of Patterns, Beliefs, and Direction
(Spiral Notebook Edition)

ORIENTATION

This is **not hype**.

This is **not resolution culture**.

This is **not motivation**.

This is a necessary pause built into the year.

A time set aside to evaluate what is true, what is current, and to see what has been forming beneath the surface.

You are operating within a set of beliefs, inherited, willingly adopted, or unknowingly programmed. The patterns in your life emerge from repeated decisions, and over time, those decisions quietly construct the reality you're living in.

This annual review exists to bring underlying beliefs to the surface, illuminate your current operating systems, and create the clarity needed to intentionally adjust them in ways that better serve your life and lead toward greater fruitfulness.



This rundown of questions and prompts you will be completing is designed to be used year after year:

- To document reality
- To observe patterns
- To measure change
- To refine direction

Each year becomes a reference point.
Each version becomes a mirror.

What follows requires honesty, attention, and willingness.
This is where observation turns into clarity.
Move slowly. Answer truthfully.

If you're ready to be honest, continue. If not, pause and return when you are.



SECTION I: THE AUDIT

Truth before change

Before you begin answering questions or writing anything down, pause. Let your mind rewind, not only through the past year, but through key seasons of your life that led you to where you are now and how you understand your life today.

Notice recurring themes, decisions, patterns, and turning points as they surface. You are not here to answer quickly, but to remember clearly.

Take your time here. Sit with these questions and really ask them to yourself before writing anything down.

- How did you arrive at this point in your life?
- Are you here because you're ready for change, because you've grown tired of how things have been feeling, or something in between?
- At what point in your life did you first begin sensing that something needed to be examined, whether because of recurring flaws, dissatisfaction, or a desire to grow toward greater purpose?
- What patterns or choices seem to have quietly followed you from one season to another, shaping you in both constructive and limiting ways?
- If nothing changes this year, what does that realistically mean for where you'll be a year from now?



- If everything is fleeting, what is truly worth building moving forward?

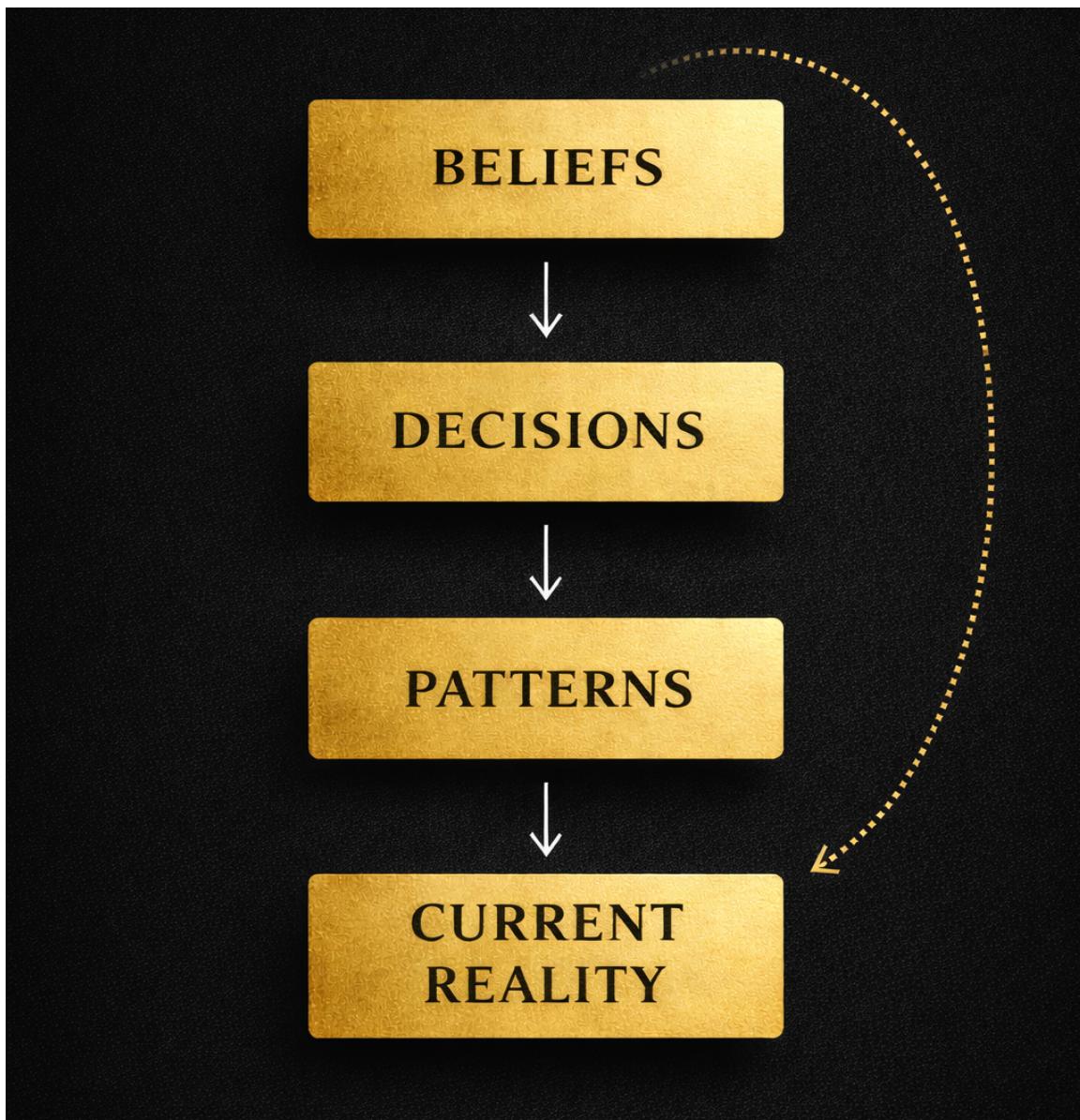
Do not rush to answer these on paper. Let them do their work internally first. When you're ready, write one integrated response that reflects on all of the questions above. This is not about answering each question perfectly, but about telling the truth of how you arrived here.





PROGRAMMING CHECK

Curiosity or attraction often draws us toward certain inputs, and repeated consumption shapes what feels normal, what we tolerate, and what we come to desire.





MUSIC

What type of music do you gravitate toward most?

**What feelings do you experience when listening to this music?
Describe them.**

Why do you think you're drawn to that feeling?

**Is this energetic influence supporting your personal evolution
toward who you want to be?**

Yes No Unsure

**What emotional role does this musical influence currently serve, and
are you open to noticing other music that could meet that same need
over time?**

Yes No Unsure



CONVERSATIONS

Think back through a few conversations from the past weeks or months. What patterns show up in what you talk about, who you talk to, and how you feel afterward?

What types of conversations do you tend to enjoy or seek out?

What about those conversations feels comforting, exciting, or familiar?

In what ways are these conversations shaping, reinforcing, or both, how you see yourself or the world?



Do they elevate your standards or quietly lower them?

Are you willing to engage in different types of conversations that may expand or challenge you over time?

Yes No Unsure



ENVIRONMENTS

What environments do you spend the most time in?

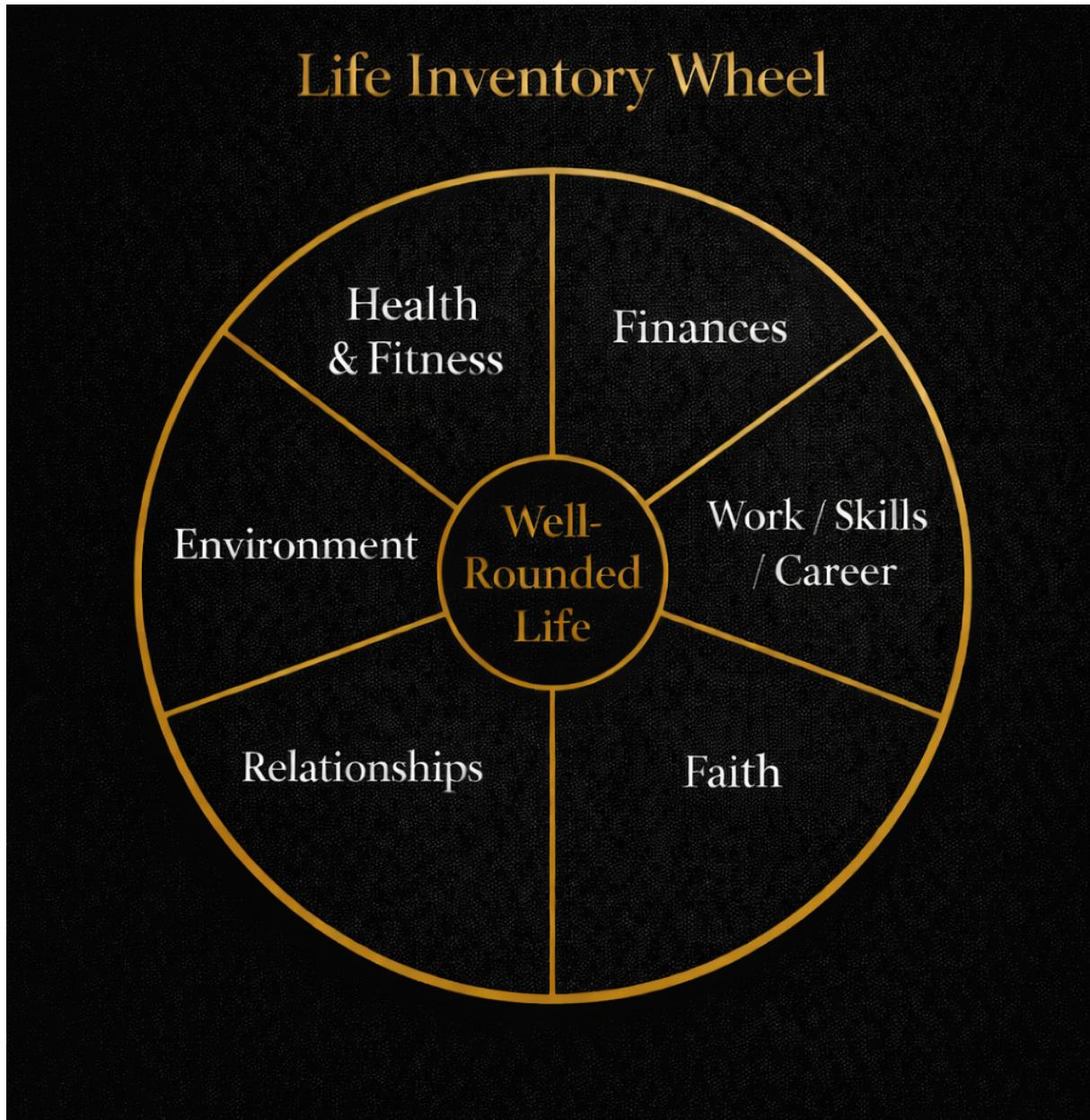
How do they influence your mood, discipline, or sense of identity?

What environments seem to pull you away from yourself?

What environments help you return to yourself?



LIFE INVENTORY RUNDOWN



Facts only. No fixing yet. Simply taking stock of your current life standings across key areas.



HEALTH & ENERGY

Current reality: (Describe what is objectively true right now)

How this actually feels: (Describe your physical, mental, emotional experience)

Complaints: (Describe your recurring frustrations or points of resistance)

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?



FINANCES

Current reality: (*Describe what is objectively true right now*)

How this actually feels: (*Describe your physical, mental, emotional experience*)

Complaints: (*Describe your recurring frustrations or points of resistance*)

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?



WORK / SKILLS / CAREER

Current reality: *(Describe what is objectively true right now)*

How this actually feels: *(Describe your physical, mental, emotional experience)*

Complaints: *(Describe your recurring frustrations or points of resistance)*

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?



FAITH / SPRITUALITY

Current reality: (*Describe what is objectively true right now*)

How this actually feels: (*Describe your physical, mental, emotional experience*)

Complaints: (*Describe your recurring frustrations or points of resistance*)

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?



RELATIONSHIPS

Current reality: (*Describe what is objectively true right now*)

How this actually feels: (*Describe your physical, mental, emotional experience*)

Complaints: (*Describe your recurring frustrations or points of resistance*)

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?



ENVOIRNMENT ~ (Living space, social life, phone use)

Current reality: (Describe what is objectively true right now)

How this actually feels: (Describe your physical, mental, emotional experience)

Complaints: (Describe your recurring frustrations or points of resistance)

What am I avoiding “in this area” that may be preventing growth?

If I faced what I’ve been avoiding in this area, what kind of growth or change would that invite into my life?

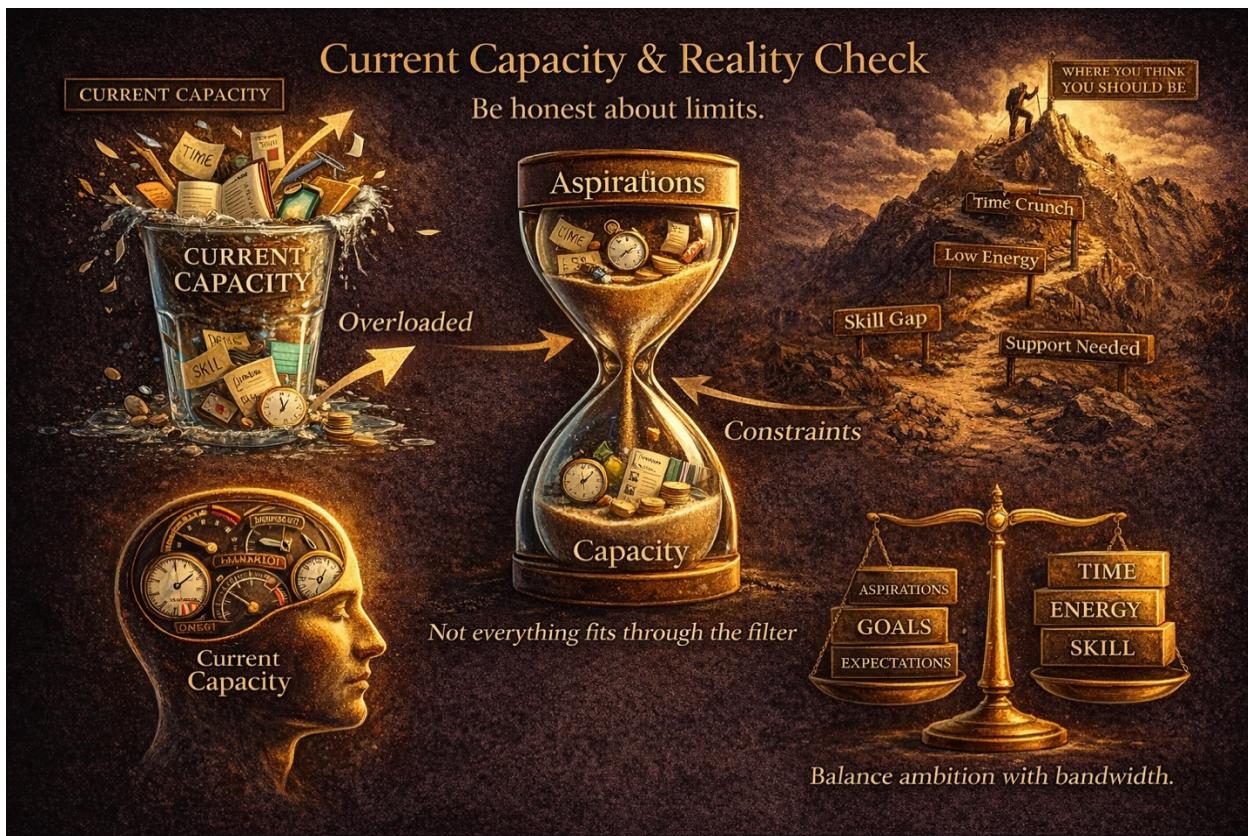
CURRENT CAPACITY & REALITY CHECK

Be honest about limits.

These findings reflect your current reality, shaped by your available time, responsibilities, resources in hand, and skills developed so far.

This section helps you assess:

- Time
- Energy
- Obligations
- Resources (have vs need)
- Effort (doing vs avoiding)
- Constraint type (temporary vs structural)





Time realistically available per week: (Outside of work and non-negotiable obligations, to be directed toward other areas of life you want to give attention to.)

When you feel most alert, motivated, or depleted:

Non-negotiable obligations:

Resources you already have (skills, tools, people):

What resources or skills do you not yet have that would make progress more realistic right now?

What hard things are you already doing?



What hard things that matter are you currently avoiding?

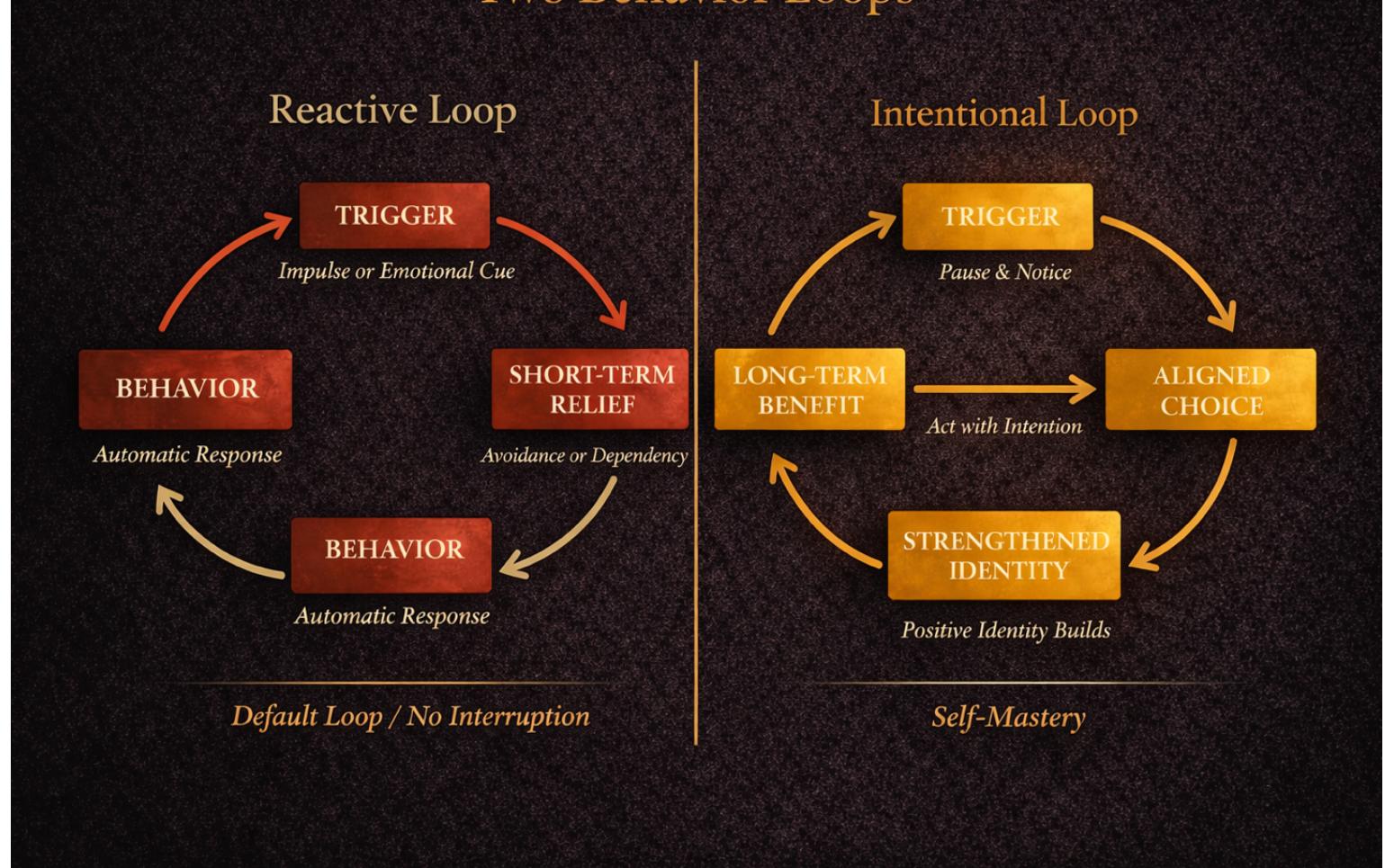
Which constraints are temporary, and which are built into your current situation?

Where are you currently overestimating your capacity?



PATTERN & COST RECOGNITION

Two Behavior Loops





Zoom out. Observe without fixing.

What patterns do you notice repeating in your life year after year?

What habits or behaviors are you currently struggling to change?

Where do cycles of guilt, shame, or discouragement tend to begin for you?

What thoughts, emotions, or situations most often trigger these cycles?



What tends to override your ability to choose the alternative path you know is better?

What does staying the same actually cost you over time?

If nothing changes, who are you becoming by default?

Is comfort more important than your calling?

Yes No Unsure

Answer Why:



SECTION II: REALIGNMENT & DIRECTION

DESIRE CLARITY

Willingness before goals

Given what you now see clearly, what feels most out of alignment right now? (Not everything. Just what stands out.)

What matters most to realign first, not because it's urgent, but because it's foundational?

Which values or convictions do you want guiding your decisions this year?



What do you want to see change in your life as alignment improves?

Where do you most want to see growth right now?

How do you want to feel about yourself when no one is watching?

What beliefs about yourself do you want to carry forward?

What do you want to believe about the world you are interacting with?



LETTING GO

Before receiving, release. What you hold onto determines what you have room to receive.

What habits are no longer serving the direction you've identified?

What comforts are you clinging to that quietly limit your growth?

What relationships or relational patterns may no longer align with who you are becoming?

What old identities feel familiar but no longer fit the life you're moving toward?



VALUES & CALLING ALIGNMENT

What do you believe God is seeking to form in you and build through your life during this season?

Where do you sense resistance to that calling right now?

What would obedience look like in practice rather than theory?

What fears, comforts, or attachments make obedience difficult?

Statement:

I want what God wants for my life.

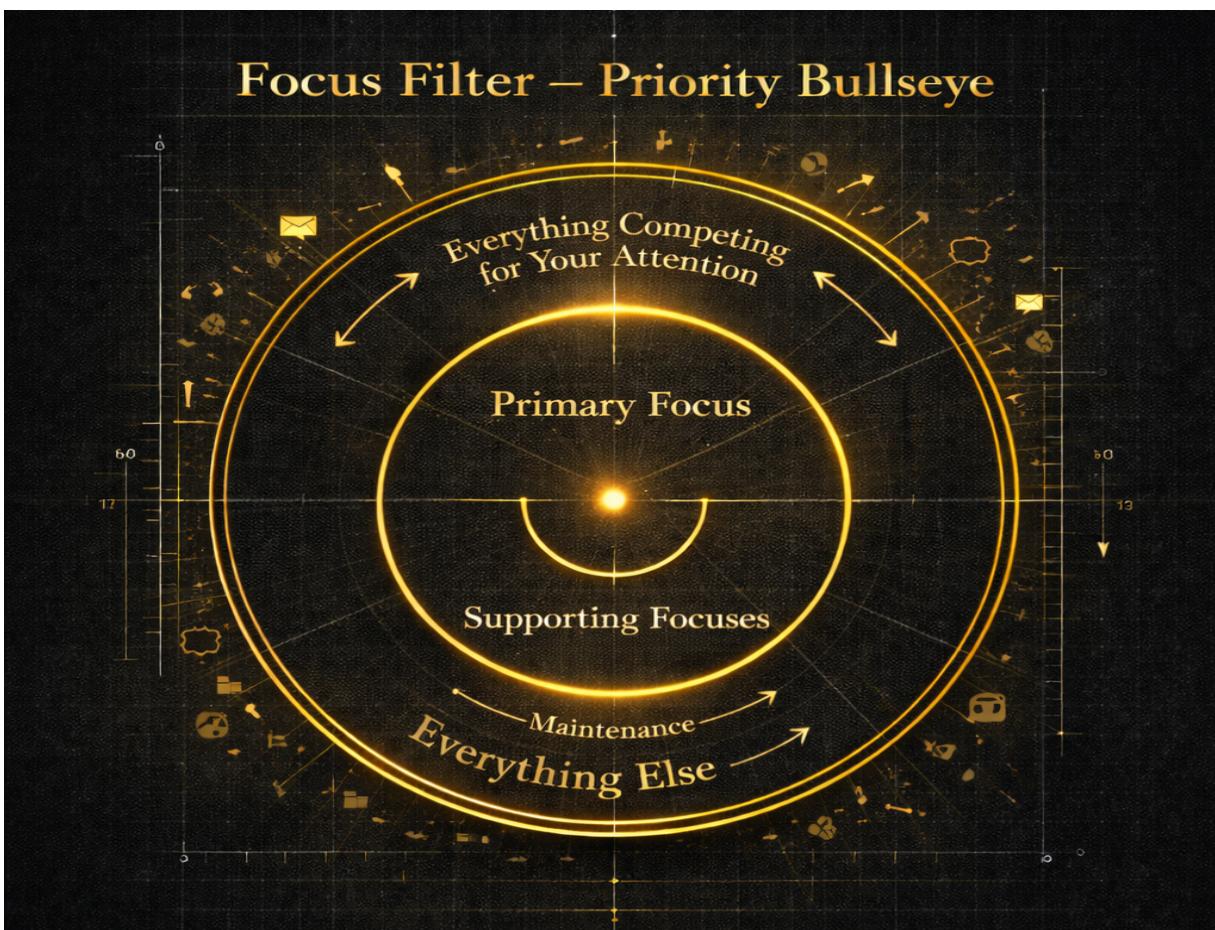
Yes No Unsure

THE FOCUS FILTER

Primary focuses for the year ahead (1-5):

Supporting focuses:

Everything else becomes maintenance.





SECTION III: SYSTEMS OF EXECUTION

Faith without structure leaks.

Use this page for each primary focus area you identified above. Keep it simple. Fewer systems, done consistently.

Primary Focus Area #1: _____

(e.g: Health, Faith, Finances, Relationships, Sales, Communication, Skills, Work)

Daily disciplines:

(1-3 small actions you can realistically repeat)

-
-
-

Weekly commitments:

(Anchors that move this area forward)

-
-

Monthly checkpoints:

(Brief moments of review or adjustment)

-

What would faithfulness look like in this area this week?

(Not ideal. Honest.)



Primary Focus Area #2: _____
(examples: Health, Faith, Finances, Relationships, Work)

Daily disciplines:

(1-3 small actions you can realistically repeat)

-
-
-

Weekly commitments:

(Anchors that move this area forward)

-
-

Monthly checkpoints:

(Brief moments of review or adjustment)

-

What would faithfulness look like in this area this week?

(Not ideal. Honest.)



Primary Focus Area #3: _____

(examples: Health, Faith, Finances, Relationships, Work)

Daily disciplines:

(1-3 small actions you can realistically repeat)

-
-
-

Weekly commitments:

(Anchors that move this area forward)

-
-

Monthly checkpoints:

(Brief moments of review or adjustment)

-

What would faithfulness look like in this area this week?

(Not ideal. Honest.)



ENVIRONMENT & INPUT DESIGN

Based on what you observed earlier, this section is about shaping your surroundings and inputs to support alignment rather than work against it.

What needs to be removed?

(Inputs, environments, habits, or access points that consistently pull you away from alignment.)

What needs to be reinforced?

(Inputs, routines, spaces, or relationships that support clarity, discipline, or growth.)

What needs to be guarded?

(Areas of your time, attention, or energy that are easily eroded without boundaries.)



TIME & ENERGY ARCHITECTURE

Design around reality, not mood.

When do you feel most clear, focused, and capable?

(Time of day, days of the week, environment, physical state)

What conditions are usually present when you feel at your best? *(Sleep, nutrition, movement, solitude, structure, momentum, environment, mindset)*

When do you tend to drift, procrastinate, or avoid?

(Specific times, situations, emotional states, or transitions)

What does your energy typically look like across a full week? *(High points, low points, predictable drop-offs, recovery windows)*



Where does discipline need to replace motivation?

(Tasks that matter but rarely feel exciting or urgent)

How could important responsibilities be better aligned with your energy highs? (By re-positioning, not adding more.)

What early signals tell you discipline is starting to slip?

(Thought patterns, behaviors, schedule delays, small compromises)



SECTION IV: COMMUNITY & CONNECTION

You are not meant to do this alone. Growth is strengthened in relationship.

Clarity fades in isolation.

Direction is reinforced through shared perspective and support.

Who can speak honestly to you without judgment?

Who sharpens you through their presence, example, or perspective?

Who are you choosing to remain accountable to?



RESISTANCE & RECOVERY PROTOCOL

Setbacks are information, not identity. Return matters more than perfection.



When I miss a day or fall off course, how do I want to respond in a way that supports return rather than punishment?



What setback patterns tend to repeat for me?

(Triggers, timing, emotional state, circumstances.)

What does this setback reveal about your current beliefs, operating systems, limits, or assumptions, particularly around energy, time, expectations, support, or capability to perform?

What adjustment would help you re-enter more wisely and rise to the occasion next time?

Who will I reach out to for perspective or support?

(One person. Simple check-in.)

How will I re-enter without shame or delay?

(Define the next right action, not a reset.)



FINAL COMMITMENT

Not perfection. Faithful movement forward.

This year, I commit to:

- Doing hard things
- Doing meaningful things
- Doing them with people I love

What I am intentionally letting go of (1-3 core patterns):

My first action within the next 24 hours: (Small, specific, and realistic.)

Signature: _____

Date: _____

Clarity has settled. Direction has been chosen.
The path ahead is not hurried, only steady, and you are prepared to walk it.

