

Audit Your Life Like a Mathematician

Thank you for downloading this worksheet. Predictability comes from YOU becoming stable and adaptable within a changing world.

Which is why I've created this comprehensive audit worksheet that walks you through each variable classification step-by-step. Aim to complete one section per day over a week and allow 15-20 minutes per section.

I look forward to seeing how you apply the frameworks.

Best wishes,
Stacy Seah

SECTION 1: IDENTIFYING YOUR CONSTANTS

(Your non-negotiable boundary conditions)

Core values

1. _____

2. _____

Skills that define you

1. _____

2. _____

People who support your foundation

1. _____

2. _____

Non-negotiable health practices

1. _____

2. _____

SECTION 2: VARIABLE CLASSIFICATION

(Categorize your year's experiences)

CONTROLLABLE VARIABLES:

New habits that stuck

1. _____

2. _____

Old Habits I Released

1. _____

2. _____

My Time Management Improvements

1. _____

2. _____

INFLUENCEABLE VARIABLES:

Opportunities Explored

1. _____

2. _____

Relationships Explored

1. _____

2. _____

UNCONTROLLABLE VARIABLES:

External Challenges Encountered

1. _____

2. _____

SECTION 3: PATTERN RECOGNITION

(Identify recurring life rhythms)

ENERGY PATTERNS:

When am I most productive?

Morning

Afternoon

Evening

Night

Energy Drain Triggers:

1. _____

2. _____

BEHAVIORAL PATTERNS:

How I typically react under pressure:

1. _____

2. _____

What do I do that produces conflict or peace:

1. _____

2. _____

SECTION 4: BUFFER ASSESSMENT

(Evaluate your resilience margins)

FINANCIAL BUFFERS:

Current emergency fund months: ____ Target emergency fund months: ____

EMOTIONAL BUFFERS:

Current Stress Management Techniques

1. _____

2. _____

SKILL BUFFERS:

Skills Learned This Year

1. _____

2. _____

Now that you've completed the previous sections:

1. What surprised you most this year?

2. Where did you demonstrate most growth?

3. What skill or relationship needs the most investment next year?

Completion Checklist:

- Constants identified
- Variables categorized
- Patterns recognized
- Buffers assessed

 Bonus Tip: Review quarterly. Adjust. Repeat.

MATHEMATICAL MOTIVATION:

Remember: You're the constant in a changing world. You are not solving for a fixed solution, but continuously calibrating your approach.

YEAR-END REFLECTION AUDIT



NINEEARTH

Make this commitment to yourself.

QUARTERLY CHECK-IN DATES:

Q1: _____

Q2: _____

Q3: _____

Q4: _____

Completed by: [Insert Name]

Signed: [Insert signature]

Date: [Insert date]

Thank you

Congratulations! Now comes the beautiful part: intentionally designing how everything interacts.

This audit reveals what you need to fix, build and grow in your life. Understand your variables - what can you influence? What should you change? And where do you need to build a margin for uncertainty.

Mathematics taught me that solutions come from understanding systems, not forcing outcomes.

When you stop forcing or controlling and start designing for change, predictability follows and that will stabilise your world.

What surprised you most in this audit? Send me a message - I love hearing how people apply these frameworks to their unique situations.

Stacy Seah

NineEarth

www.nineearth.com