



Instructions on how to do a Life Audit

Have you ever done a life audit? This is a very important exercise that I frequently explore with my clients. Many times I find people are unhappy with their life but really have no idea of why. They have no awareness of the things that are sucking the joy from their life or what it is that truly brings them happiness and satisfaction. After doing this exercise and processing it they are often amazed at what they discover. This awareness can help focus efforts on personal, professional and relational growth. A good life audit and a life focus shift can really help you identify what matters to you most and change your focus, time, energy to create the life you really want to live. This is an extremely important exercise I do with people who have been suicidal.

Take some time to review the following before our next session. There are several important guidelines:

- Block Some Time to really reflect on this. Maybe take a weekend away from the grind and others.
- Write it down. You can use photos or drawing vs writing it out. Be honest and don't worry about how others would view this area at this stage. Discussing this with others can be a powerful exercise later.
- Scale each area. I recommend looking at each area and rate it on a scale from 1-10
- Spend SOAK time. After you reflect on each area and scale it, take some time to cognitively and emotionally soak (reflect) on what your numbers are before moving to the next steps. Doing something like walking in nature, taking a bath, practicing meditation and prayer and doing measured breathing can assist with this.
- When was it highest? For most people there have been times when you can identify that you were most fulfilled in each area. Spend some time identifying what were the key contributors to these times.
- Life thieves. Identify the people or things that are common barriers to growth and steal your joy.
- Major shifts. What has changed for you. Maybe you went through a major life transition like a relational breakup, career change, death, trauma and it changed your life. Many times your priorities and values significantly changed but you did not change your life patterns or focus and you may as a result not find fulfillment in what you used to.
- Identify losses. Many times people have experienced significant losses that they have never identified or processed. This can significantly impede growth or if processed can serve as a significant catalyst for growth.



Top 10 Core Focus Areas

Where am I now & and where was I then?

Review these life areas to analyze your satisfaction for each. Scale from 1-10 where you are right now. Also put a number on the highest it has ever been. Take each of these areas and journal for each one. Just write whatever comes to mind. It is often most effective to spend blocks of time for each area. What are the contributors to the assessed score for each area?

1. Career
2. Emotional health
3. Physical health
4. Spiritual health
5. Relational health – family & friend connections
6. Intimacy connections
7. Fun, hobbies, creative time
8. Your spaces – home, office, community
9. Learning and self-development
10. Overall life fulfillment number

After completing this life audit we will review it and this can serve as a powerful tool for personal and professional growth.