



WHERE AM I?

**LIFE AUDIT:
ASSESS YOUR LIFE**



mindbodylifesoul

WELCOME!

This is a deep dive life audit to gain clarity in all the key areas of your life.

You'll discover exactly where you currently are in your life, how satisfied you are across each area, where you're currently spending your time and how you can reprioritise and regain balance..



*Love The Life You Live:
Uncover A Life Of Passion & Purpose
is a programme I developed after
working with many clients and
realising I'd discovered a process
that works for everyone.*

Over time, within this process I recognised key areas that repeatedly showed up. So I developed the Mind:Body:Life:Soul framework which encompasses all the key areas of your life within the four pillars of Mind, Body, Life and Soul.

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A Holistic Framework

Mind | Mental Health
Personal Growth
Emotional Wellbeing

Body | Physical
Style & Image

Soul | Spirituality
Daily Practice
Personal Life Plan

Life | Connection & Belonging
Work & Money
Home



I believe in a holistic approach to achieving balance and wellbeing in life. Every area of your life is important and they all impact on each other. If any aspect of your life is out of balance then it will put a strain on the others, affect everything else and create imbalance.

This holistic Mind:Body:Life:Soul framework helped me turn my life around. All key areas need to be assessed regularly to fully consider your life as it is and how you would like to change that. This exercise also shows how you can use that initial assessment as a foundation to set goals for all areas of your life and enable a considered approach to planning your best you and your best life.

This is a deep dive life audit to gain clarity in all the key areas of your life. You'll discover exactly where you currently are in your life, how satisfied you are across each area, where you're currently spending your time and how you can reprioritise and regain balance.

ASSESS YOUR LIFE

First things first. We need to find out what your starting point is.

Here are the steps you'll need to take. There are some handy templates in this workbook to help you complete this exercise.

Step 1: Assess your whole life as it is right now.

Rate or score every key life area from 0-10.

0 is if you are completely dissatisfied.

10 is if it simply couldn't be any better.

Step 2. What's not going so well?

What's working, what's not?

What boosts your energy, what's dragging you down?

Step 3: How do I want this to be?

Think about how this key life area would be if you were living your ideal life.

Describe this ideal in detail...

Step 4: Imagine you are living the ideal version (in Step 3). How does that feel?

This is really important... You'll find out why when we cover it in module 4, but feelings are the secret of creation or manifestation.

Step 5: What's holding me back from making changes?

Fear, time, money, support, responsibilities?...

Step 6: What's the first step I could take to change this?

Just one step - don't think too far ahead

Mind			
Pillar	Mental Health	Emotional Wellbeing	Personal Growth
Could include things like:	mental wellbeing motivations confidence self-esteem routine medical care	self-care happiness passions positivity joy	learning creativity new experiences travel
Where am I now? On a scale of 1-10			
What's not going so well?			
How do I want this to be? <i>Describe the ideal in detail...</i>			
Imagine you are living the ideal version, how does that feel? <i>This is really important...</i>			
What's holding me back from making changes? <i>Fear, time, money, support, responsibilities?....</i>			
What's the first step I could take to change this? <i>Just one step - don't think too far ahead</i>			

Body			
Pillar	Physical	Style & Image	Other
Could include things like:	health fitness nutrition sleep weight leisure hobbies rest	personal branding personal style colouring body shape scale & proportion wardrobe management special looks	if you're dealing with any significant health concerns you may want to explore this separately in more detail
Where am I now? On a scale of 1-10			
What's not going so well?			
How do I want this to be? <i>Describe the ideal in detail...</i>			
Imagine you are living the ideal version, how does that feel? <i>This is really important...</i>			
What's holding me back from making changes? <i>Fear, time, money, support, responsibilities?....</i>			
What's the first step I could take to change this? <i>Just one step - don't think too far ahead</i>			

Life			
Pillar	Connection & Belonging	Work & Money	Home
Could include things like:	family friends relationship quality support time communication community interaction sense of belonging social life caring responsibilities	WORK: career direction volunteering skills fulfilment work-life balance entrepreneurship vocational MONEY: money mindset budgeting financial security planning for the future	home environment security location space lifestyle
Where am I now? On a scale of 1-10			
What's not going so well?			
How do I want this to be? <i>Describe the ideal in detail...</i>			
Imagine you are living the ideal version, how does that feel? <i>This is really important...</i>			
What's holding me back from making changes? <i>Fear, time, money, support, responsibilities?....</i>			
What's the first step I could take to change this? <i>Just one step - don't think too far ahead</i>			

	Soul		
Pillar	Daily Practice	Personal Life Plan	Spiritual
Could include things like:	journaling gratitude intention affirmations visualisation energy leaks daily focus on life plan	purpose values meaning vision goals personal vision statement	meditation mindfulness yoga breathing (pranayama) spiritual reading spiritual 'family' or tribe
Where am I now? On a scale of 1-10			
What's not going so well?			
How do I want this to be? <i>Describe the ideal in detail...</i>			
Imagine you are living the ideal version, how does that feel? <i>This is really important...</i>			
What's holding me back from making changes? <i>Fear, time, money, support, responsibilities?....</i>			
What's the first step I could take to change this? <i>Just one step - don't think too far ahead</i>			

OTHER THINGS TO CONSIDER

Are there any surprises for you?

How do you feel about your life as you look at your scores?

How do you currently spend time in these areas? What's taking up most of your time? How would you like to spend time in these areas?

Which of these categories would you most like to improve?

How could you make space for these changes in your life?

What help and support might you need from others to make changes?

OTHER THINGS TO CONSIDER

What change should you make first? And what change do you want to make first?

If there was one key action you could take that would begin to bring everything into balance, what would it be?

ADDITIONAL EXERCISE: TAKE THE NEXT STEP

Identify Your Own Key Areas

Everyone's key areas are individual, so it's important that you consider this for your life and choose what's relevant and meaningful to you.

For the purpose of this exercise we have used the Mind:Body:Life:Soul framework exactly as it's designed, however in the Love The Life You Live programme we would take time for you to consider your own key areas and I would encourage you to review this afterwards to see if there's anything you would change or include.

This is the chance for you to personalise this for yourself. Delete any sections that don't apply, add others that do. There is a blank template on the next page for you to create your own.

You may decide to delete something that is of no significance to you. Or you may choose to add key areas that are so important they deserve to be assessed and planned for on their own.

This is your life, your exercise, your way. So get creative... and dream big.

Pillar			
Could include things like:			
Where am I now? On a scale of 1-10			
What's not going so well?			
How do I want this to be? <i>Describe the ideal in detail...</i>			
Imagine you are living the ideal version, how does that feel? <i>This is really important...</i>			
What's holding me back from making changes? <i>Fear, time, money, support, responsibilities?....</i>			
What's the first step I could take to change this? <i>Just one step - don't think too far ahead</i>			



THANK YOU

I'm Jules Haughey, a Life and Business Coach helping women in their personal growth and life transformation, empowering you to rediscover happiness and fulfilment in your work and gain balance in your life.

I help you evaluate your life as it is now, design how you envision your dream life then put realistic plans in place to achieve the goal of living life with passion and purpose.

Find lots more tools online...

Jules xx

Jules Haughey | [mindbodylifesoul](http://mindbodylifesoul.com)

www.mindbodylifesoul.com

