

# LIFE AUDIT - SELF ASSESSMENT

**When life seems a bit out of control... it's time to do a Life-audit!**

If you're like me, there are times when your plate feels a bit too full. There are times when you're over-scheduled, overwhelmed, and overworked; when you look back at your day, you have no idea what you have even accomplished. When I feel like a hamster on a wheel that is always going too fast I know I need to stop, slow down and conduct a Life Audit. And you can too!

Take some time to fill out this Self-Assessment tool, doing a Life Audit can help reset, readjust, and refocus on what's most important to you. Directions: For each life area listed below, shade in the box to match how you believe things are going. 0% will mean that area of life is terrible, (it probably won't be that) 50% is so-so, and 100% is absolutely incredibly awesome! Additionally, on the lines below, write down one thing that you can do to make that specific area of your life better/more efficient.

	0%	50%	100%
<input type="radio"/> Nutrition	<input type="text"/>		
<input type="radio"/> Movement	<input type="text"/>		
<input type="radio"/> Sleep	<input type="text"/>		
<input type="radio"/> Self-Care	<input type="text"/>		
<input type="radio"/> Career	<input type="text"/>		
<input type="radio"/> Finances	<input type="text"/>		
<input type="radio"/> Vision & Purpose	<input type="text"/>		
<input type="radio"/> Family & Relationships	<input type="text"/>		
<input type="radio"/> Community	<input type="text"/>		
<input type="radio"/> Creativity	<input type="text"/>		
<input type="radio"/> Fun & Happiness	<input type="text"/>		
<input type="radio"/> Faith/Universe	<input type="text"/>		
<input type="radio"/> Other.....	<input type="text"/>		
<input type="radio"/> Other.....	<input type="text"/>		



Taking a honest hard look at your life and analyzing every aspect of it, to see where there are gaps, and where you need improvement, will give you the clarity you need to move forward.

Now that you have had a chance to step back and asses your life you can see the areas that require more attention or less attention.

Now, you will be able to determine a more effective plan of action, and you know what that means.... With a clear plan of action, you can Boss Up and live your best life!

Take some time to sit and reflect back on the areas that require a bit more love and attention. Decide what you can commit to in the next couple of weeks that will help you feel more fulfilled in each area. I want to encourage you to let go of self-judgement and the excuses that have been holding you back.

## Reflection and Action:

Reflection and Action writing area consisting of ten horizontal light pink bars.

Small hinges swing large doors.  
1% action = big results

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