

30+ Exercises

Life Audit

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Introduction

Audit every area in your life to eliminate mediocrity, cultivate necessary change, and optimize your results.

Time for change.

Time to break habits.

Time to accelerate your results.

1. Relationships

2. Purpose

3. Career

4. Health

5. Love

6. Family

7. Boundaries

8. Finance

9. Home Life

10. Self

11. Education

12. Discipline

Chapter 1: Relationships

Excerpt

People can significantly impact your life and results -- choose wisely.

Who is negatively impacting my results?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Who needs to stay?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Who needs to go?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Chapter 2: Purpose

Excerpt

What is my purpose, and am I consistently executing my purpose?

What fulfills me?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What things in my life don't fulfill me?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What actions do I need to take to execute my purpose?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Chapter 3: Career

Excerpt

Don't waste your time on work that doesn't inspire your best self; do something meaningful.

What work obligations do I want to keep?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What work obligations do I want to release?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What work obligations do I want to add?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Chapter 4: Health

Excerpt

Health is the foundation of success. Maintain optimal health at all costs.

What do I need to eradicate from my diet?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What do I need to add to my physical activity routine?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

How would I rate my current health levels?

Describe your current health levels below:

Chapter 5: Love

Excerpt

Your romantic partners are the most important relationships you will ever choose; aggressively choose wisely.

What ten traits do I desire in a partner?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What are my core values in a relationship?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Does my current partner measure up to my ideal traits in a partner and align with my core values?

Insert your thoughts below:

Chapter 6: Family

Excerpt

Family life is critical. Establish a healthy foundation and familial relationships.

What familial relationships do I need to improve and prioritize?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What familial relationships are thriving?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What familial relationships do I need to distance or remove myself from?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10

Chapter 7: Boundaries

Excerpt

Learn how to say "yes" and "no" to the appropriate things, or you will not be in control of your life.

What boundaries do I need to implement?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What areas of my life could use more boundaries?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Where do I fear or feel uncomfortable implementing boundaries, and why? What would be the ramifications of implementing boundaries in these areas?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Chapter 8: Finance

Excerpt

Money creates options, independence, and opportunities. Live below your means, invest, and avoid a materialistic lifestyle.

What are my top spending categories?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What are my income goals, and how am I progressing towards them?

Insert your thoughts below:

Questions

Debt

1. How much debt do I currently have?
2. What is my debt payoff plan?

Lifestyle

1. Do I live above or below my means?
2. How often do I buy unnecessary items?

Education

1. What are the last finance books I read?
2. What is the next finance book I'll read?

Cutting Costs

1. What expenses can I cut?
2. What expenses can I temporarily cut?

Investing

1. How much am I investing monthly?
2. How much do I need to invest monthly?

Chapter 9: Home Life

Excerpt

A happy home life creates a stable mind.

What do I need to change in my home environment?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What do I love and appreciate about my home environment?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What needs to be removed from my home,
and how can I implement minimalism?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Chapter 10: Self

Excerpt

One who does not know themselves drifts.

What are ten ways I can improve my relationship with myself?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What are my core values?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Who am I?

Think about this question in ample detail and
write out your thoughts below:

Chapter 11: Education

Excerpt

A person who doesn't commit to lifelong learning destroys their mind and opportunities, severely limiting their results.

What are the last ten books I read?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

How do I currently improve my life, well-being, mind, and habits?

Insert your response below:

How committed am I to personal development, and why is this my growth rate?
Do I need to increase my rate of growth?

Insert your response below:

Chapter 12: Discipline

Excerpt

Discipline is destiny.

What areas of my life need more discipline?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What areas of my life do I implement the most discipline?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Am I a disciplined person? Why or why not?

How can I start implementing more discipline,
and when will I implement it?

Insert your response below:

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware,
joyous, enlightened, and committed to bettering
yourself.

The End.