THE LIFE AUDIT

With Sam Hook

uniquethinking

Your life audit

Congratulations on taking the first step towards making improvements in you life or business.

I am thrilled to have you here and I can't wait to hear about your dreams, goals and all the positive changes you'd like to make.

To get started, print this workbook or get a note pad to make your own notes. Allocate an hour of your time, find yourself a quiet space, get your favourite drink and let's get going. Self-reflection is important in this busy life so don't underestimate how important this task is.

Complete the Life Audit as follows:

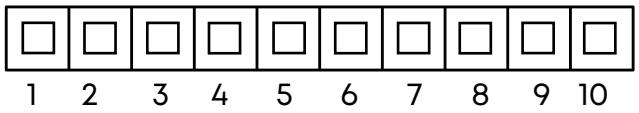
1. Think about each aspect of your life on the subsequent pages and grade each out of 10 with 1 being terrible and 10 being excellent.

2. Describe what changes are needed to improve each area (if any) to make this area a 10. If any of the areas aren't applicable to you, leave these blank.

3. Write down any areas of your life where you score 5 or less.

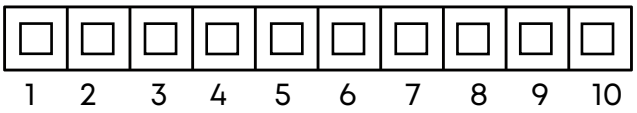
4. Write down 5 things you could work on in the next month to improve your life based on the priorities in you Life Audit.

Work or career



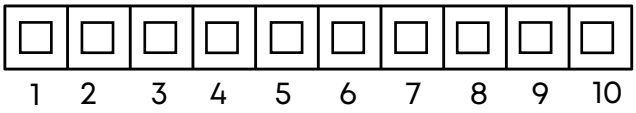
What improvements could you make?

My business (if any)



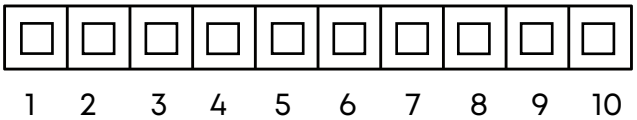
What improvements could you make?

Money



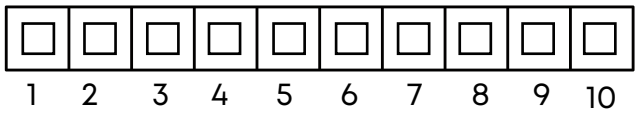
What improvements could you make?

Work-life balance



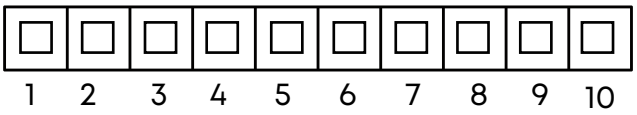
What improvements could you make?

Relationship with partner



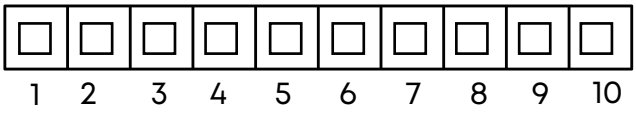
What improvements could you make?

Relationship with children



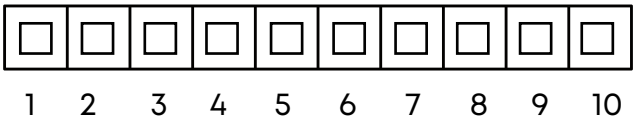
What improvements could you make?

Relationship with wider family



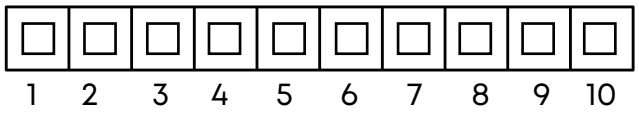
What improvements could you make?

Relationship with friends



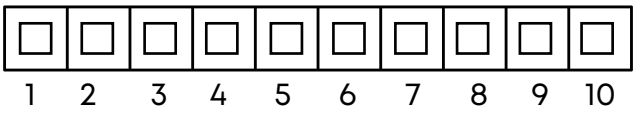
What improvements could you make?

Heath, diet and fitness



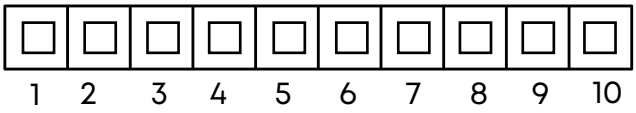
What improvements could you make?

Physical appearance



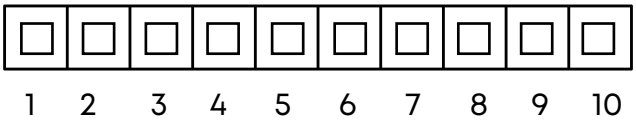
What improvements could you make?

Hobbies and interests



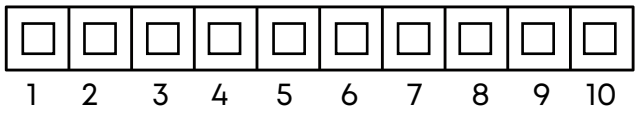
What improvements could you make?

Where you live



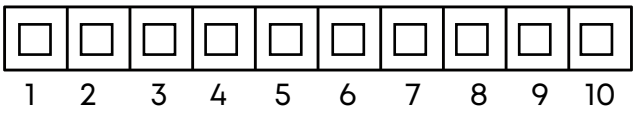
What improvements could you make?

Happiness level



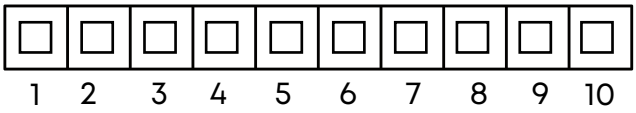
What improvements could you make?

Self development



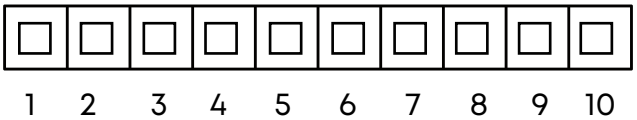
What improvements could you make?

Confidence level



What improvements could you make?

Purpose



What improvements could you make?

Which areas did you score less than 5 and need your attention?

List 5 things you can work on in the next month to improve your life

I'd love to hear what changes you are making to your life to maximise your potential and increase your fulfilment and happiness. Feel free to contact me on sam@uniquethinking.co.uk to tell me how you are getting on. If you'd like more support with completing the changes in your life, please get in touch for a coaching session.

I also share free coaching tips on my social media so follow me here: