Life Audit

It's easy to fall into autopilot mode and drift through life without much thought. However, it's important to recognize when this happens and take steps to regain focus. One effective way to do this is by conducting a *Life Audit*, a process a mentor introduced to me a few years ago. Completing a Life Audit 2-3 times a year is a great way to assess where you are and ensure you're staying on track with the life you're consciously building.

Here's how it works:

1. Take the provided worksheet and review each item.
2. Rate each item on a scale from 1 to 10, with 1 being the lowest and 10 the highest.
3. After each rating, write a brief sentence or two summarizing your thoughts.

If you align this exercise with your goals, it can drive substantial growth and progress.

Once you've rated all the items:

- Identify the 2-3 lowest scores.
- Write down specific, achievable actions that could help improve those areas over the next few months. Refer to your goals to guide these actions.

Don't forget to reflect on your highest scores. Take a moment to celebrate your successes and acknowledge why things are going well in those areas. Growth is important, but so is recognizing and enjoying your progress!

If you need help with any part of this process or would like to talk it through, I'm here to help—this is exactly the kind of work I love doing.

Remember, the categories are defined by you. My definition on areas like religion or family may differ from yours, and that's completely okay. Tailor this exercise to fit your own values and goals.

Life is about growth—and celebrating along the way!

Have fun with this!
Adam Carruthers
Council of Better Men

CouncilofBetterMen.com

Life Audit

Health and Fitness Health- _____

_____

_____

Mental and Emotional Health- _____

_____

_____

Relationship/Marriage- _____

_____

_____

Kids/Parenting- _____

_____

_____

Friends- _____

_____

_____

Fun/Adventure/Play- _____

_____

_____

Finances- _____

_____

_____

Physical Environment (house/city/neighborhood)- _____

_____

_____

Work/Career- _____

_____

_____

Spirituality- _____

_____

_____

Self confidence/self worth/self respect- _____

_____

_____

NOTES:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____