LIFE AUDIT: SIX PILLARS

Notice what matters before deciding what to change.

How to use this audit

Rate your current satisfaction from 1 to 10. A score is a personal reflection, not a diagnosis or an objective comparison with other people. For each area, note what is working, what you would like to change and one small next step.

Health & Vitality

Movement, energy, sleep, rest and sustainable everyday routines.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Money & Freedom

Financial organisation, savings habits, income skills and choices money can support.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Career & Business

Work, skills, professional direction, business experiments and contribution.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Love & Relationships

Friendship, family, partnership, communication, community and boundaries.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Personal Growth & Experiences

Learning, creativity, hobbies, travel, projects and memorable experiences.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Purpose & Meaning

Values, contribution, meaningful work, volunteering and the life you want to create.

Satisfaction rating (1–10) and why

_____

What is working?

_____

What would I like to change?

_____

One small action I could take

_____

Choose a focus

Which one area would make the biggest positive difference now?

_____

_____

Why now? What might I need to pause or sequence?

_____

_____

My first action within seven days

_____

_____

You do not need to improve all six areas at once. Choose a realistic priority and revisit the audit when your circumstances change.