

Life Audit

| Client information | | |
|---|---------------------------|---------------------------------------|
| Name: | | |
| Date of birth: | | |
| Gender: | | |
| Date: | | |
| Introduction | | |
| <p><i>A life audit is a structured process that helps you reflect on different aspects of your life, assess your current satisfaction, and set meaningful goals. This tool is designed to help you achieve a healthier work-life balance while ensuring professional fulfillment and personal well-being.</i></p> | | |
| Reflection on life categories | | |
| <p>Instructions: Identify key areas in your life and rate your satisfaction on a scale of 1 (very dissatisfied) to 10 (very satisfied).</p> | | |
| Life category | Satisfaction score (1–10) | Notes (Current status and challenges) |
| Career and professional growth | | |
| Finances and financial stability | | |
| Mental and emotional well-being | | |
| Physical health and wellness | | |
| Work-life balance | | |
| Family | | |
| Friendships and social life | | |
| Adventure, travel, and leisure | | |
| Home and living environment | | |

Core values and priorities

Instructions: Reflect on your core values and how they align with your personal and professional life.

a. What are your **top five values** (e.g., integrity, compassion, work-life balance, growth, stability)?

b. Are your daily actions aligned with these values? If not, what changes are needed?

Envisioning your “Level 10 Life”

Instructions: Imagine what a perfect **10/10** life looks like in each category. Write down your ideal scenario.

a. What does a fulfilling career look like to you?

b. How do you ideally manage work-life balance?

c. What habits contribute to your ideal physical and mental well-being?

Evaluation and analysis

Instructions: Identify the gaps between your current situation and your ideal life.

a. Pros and cons: List the strengths and challenges.

| Pros | Cons |
|------|------|
| | |

b. Patterns and gaps: What areas require the most improvement?

Goal setting and prioritization

Instructions: Set specific, measurable, achievable, relevant, and time-bound (SMART) goals for each category.

| Life category | Goal | Deadline | Action steps |
|---------------------------------|------|----------|--------------|
| Career and personal growth | | | |
| Work-life balance | | | |
| Mental and emotional well-being | | | |
| Physical health and wellness | | | |
| Financial stability | | | |
| Relationships | | | |

Visualization tools

a. **Wheel of life:** Draw a circle and divide it into life categories. Shade each section based on satisfaction levels.

b. **Vision board:** Create a collage of images and words representing your ideal future.

Regular review and adjustments

Instructions: Life is dynamic, and your goals may change over time. Set a schedule to review and adjust your life audit.

a. Next review date:

b. Area(s) for future consideration:

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date: