

Life Audit Template

Personal Information

Name: _____

Date: _____

Age: _____

Career and Education

Current job satisfaction:

Career goals:

Educational aspirations:

Skills to develop:

Health and Wellness

Physical health assessment:

Mental health status:

Fitness goals:

Dietary habits:

Relationships

Family relationships:

Friendships:

Romantic relationship:

Desired improvements:

Personal Finances

Current financial health:

Budgeting and savings goals:

Debt management plan:

Investment plans:

Personal Growth and Hobbies

Current hobbies and interests:

Skills or hobbies to learn:

Books to read/learning goals:

Personal growth goals:

Life Goals and Dreams

Short-term goals (1-2 years):

Medium-term goals (3-5 years):

Long-term goals (5+ years):

Dream achievements and experiences:

Action Plan

Goal 1: _____

Action steps:

Timeline: _____

Goal 2: _____

Action steps:

Timeline: _____

Goal 3: _____

Action steps:

Timeline: _____

Regular Review and Adjustment

Next review date: _____

Notes for future consideration:

Notes and Additional Thoughts