



Life Audit

INSTRUCTIONS:

- Grab your calendar or day planner for the past week, month, or quarter.
- Look over how you spent your time, energy and other resources.
- Try to take note of how your choices or how life has played out makes you feel.
- Ask and answer the following questions:

- + *What did I like about how I spent my time/ money/energy? Why?*
- + *What did I not like (regret) about how I spent my time/ money/ energy? Why?*
- + *What felt the most life-giving, energizing, fun and authentic to who I am? Why?*
- + *What felt the most frustrating, draining, exhausting? Why?*
- + *What parts (if any)(or people) do I still feel angry or bitter about? Why?*
- + *Which people do I wish I spent more time with? Why?*
- + *Which people do I wish I spent less (no) time with? Why?*
- + *What should I have said NO to?*
- + *What do I wish I said yes to?*
- + *Why have I been allowing myself to maintain a commitment to a life that is so frustrating and dissatisfying?*

NOTES:
