



Life Audit Workbook



Take some quiet time to reflect on your life!

Welcome!

Congratulations on taking the first step to invest in yourself! I am so grateful that you chose to download this free resource to help you along the way! I have created this workbook through principles learnt from my coaching certification along with drawing on experiences and growth from my inner transformation journey. My intention is to share this with as many wonderful people as I can! Wish you the very best.

Cheers,

Dharshana

About The Author

Thank you so much for stopping by! I am a working mom of two teens and married to my husband for over 20 years. Through my life journey, I have done a lot of inner work and consciously try to maintain the inner freedom, peace, fulfillment and joy through my daily living. I have grown spiritually through this process and also sought out a professional coaching certification to offer a guiding presence to help my clients in this journey! My clients describe my coaching as something that brings about a transformational change in complete alignment to who they are. I am so grateful that you took the time to stop by and download this free workbook! I am wishing a great start to your inner work and am so happy that you chose to invest in yourself to create transformation within you and through that a ripple effect in your relationships!

Introduction

Congratulations in taking the first step to invest in yourself! This workbook is a guide to a set of powerful thought provoking reflective questions that will start the process of looking inward to audit where you are and where you want to go!

I get it! The feeling of being stuck is draining. But, the good news is that there is a sure way out of this! With inner mindset transformation and conscious inspired action, it is possible to transform your life from the inside out. With steady inner work, you will develop inner freedom and peace and let go of things you cannot control from your headspace and fill it with things that brings YOU joy and fulfillment! A happy mind and an inspired heart brings about a joyous fulfilling life!

So, what is this workbook all about?

This workbook will help with meaningful inner reflection and audit that leads to clarity in the following areas.

- Where are you holistically in the different aspects of life?
- What are your thought patterns?
- What kind of inner discord do some of the thought patterns cause?
- What strategies you can develop to deal with inner discord?
- What are some of the strengths you can draw from?
- What is the inspired action step you can take for the next 7 days?
- Accountability chart for 12 days!

This is the time for you to make yourself a priority! You offer so much love and care to all those around you. Now is the time to invest in you. I am here for you for any questions you have! Please feel free to reach out to me by booking a no-obligation free discovery call and I will help answer any questions you may have on this workbook.

Cheering you along!

Dharshana

Life Audit Worksheet

Please take about 15-30 minutes of quiet time to yourself to assess your current state with the worksheet below.

Area of Life	Current Level of Satisfaction (1 - Not at all satisfied, 10 - Extremely satisfied)	Target/Future Level of Satisfaction (1 - Not at all satisfied, 10 - Extremely satisfied)	What will it take you to get where you need to go? What is stopping you? (Only write things in your control)
Physical Health			
Emotional Health			
Home/Living Space			
Relationships (Partner, extended family, immediate family, friends, co-workers etc.)			
Career			
Finance			
Spirituality			
Self-Care			
Purpose and Meaning			
Fun and Recreation			
Parenting			

Journal

Your first task! Write all your thoughts out here. No one is reading it and you are free to discard this writing if you like. The key is to be blatantly honest and just write out all the thoughts. It is OK! You could write things like "This is my circumstance... ", "My child did or said... " "I feel very upset because... " "No one seems to understand me... " etc. Again, no filters just write away!

Thought Journal

Answer here

Break down your thoughts

This is your time for you to take a conscious pause. Close your eyes and just focus on your breath (breathing in and out), or you can use a meditation app if that is easier. The key is to go into an observer mode and acknowledge all the emotions and feelings your mom self is holding and offer compassion. Take as much time as you need here! After the conscious pause, write the following:

What is the dominant thought?

How do these thoughts make you feel?

Answer here

Answer here

What are your inner discords? These could be thoughts of worry, anxiety, stress, fear, inner conflict, lack of clarity etc. Write how your dominant thought is causing you discord? Example: A part of me feels very hopeful that I can make this change, but a part of me holds me back due to fear.

Answer here

What are the beliefs that are causing this inner discord? Is your reason for the discord true? If so, why? Example: I am not good enough, I am not smart , I am not capable , I am born like this, My family does not approve of me etc.

Answer here

Is the belief limiting you or freeing you? Example: The belief that I am not good enough is limiting me from putting my gifts out there.

Answer here

What actions do you end up doing or not doing due to these beliefs? And what effects are that causing? Example: Due to my inner belief that I am not deserving enough and that I was born this way, I dont have any motivation to make the change.

Answer here

Time for a conscious pause. Stay with those effects you wrote and observe it for 90 seconds from a detached state. A tip is to close your eyes and watch your breath and just stay with that story for 90 seconds.

What have you done in the past to go from a feeling of despair to a feeling of "Hmm I got this, I will turn this around!"Example: I was able to lose 20lbs last year in about 3 months.

Answer here

What was the process? Did it happen instantaneously? Did it take time? How did it work for you?Example: The excess 20 lbs was leading to some natural consequences in my health. I told myself that I am going to work on this. I sought out health coach and I followed the plan everyday and make steady progress toward shedding all those lbs. I was not hard on myself, and was easy with myself on the days I missed workouts and picked up next day.

Answer here

What strategies can you draw from your prior situation to apply into this situation?I do believe that change is gradual. My first step is to start investing 10-20 mins everyday for increasing awareness around my situation everyday.

Answer here

Example: Lack of clarity, confusion, disconnect, and feeling disempowered

Write your first action step to follow consistently over the next 7 days. Be as specific as you can! What time of day is set aside for this step? How long will you perform this step for? Example: I will set aside 30 minutes of time after dinner to journal about my situation and gain more awareness and clarity steadily over the next 7-12 days.

Answer here

What accountability do you need to make your first step happen consistently over the next 7 days? Example: I will need to have an accountability chart to track my progress.

Answer here

What barriers or obstacles do you expect? Example: I expect to become tired and distracted due to which I may put off this journaling activity

Answer here

How can you overcome those? Example: I need to set a reminder on my phone for this task and also write a note on the reminder on why this is important to me. I can also inform my family that this is my writing and journaling time so everyone knows that I have carved out this time for myself.

Daily Accountability Chart

What is your WHY for the change you are starting? When you break through the barriers and make steady progress, what will you achieve? How will it benefit you and your loved ones? Close your eyes and visualize the results for 2 mins! Start your action!

Day	Completed?	If not complete, why?	If complete, how does it make you feel?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			



Book A Consultation

Hope you found this workbook insightful! Through my coaching, you will unpack all that you wrote on this comprehensive workbook and arrive at a clear consistent action plan to reach your future state in your chosen areas of life. With my gift of intuition, I will guide you with thought provoking open-ended questions to unlock the barriers and obstacles in the way to your future vision. If you are ready to embark on the journey of change and need a guiding hand along the way in your journey ahead, book a no-obligation free discovery call below!

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