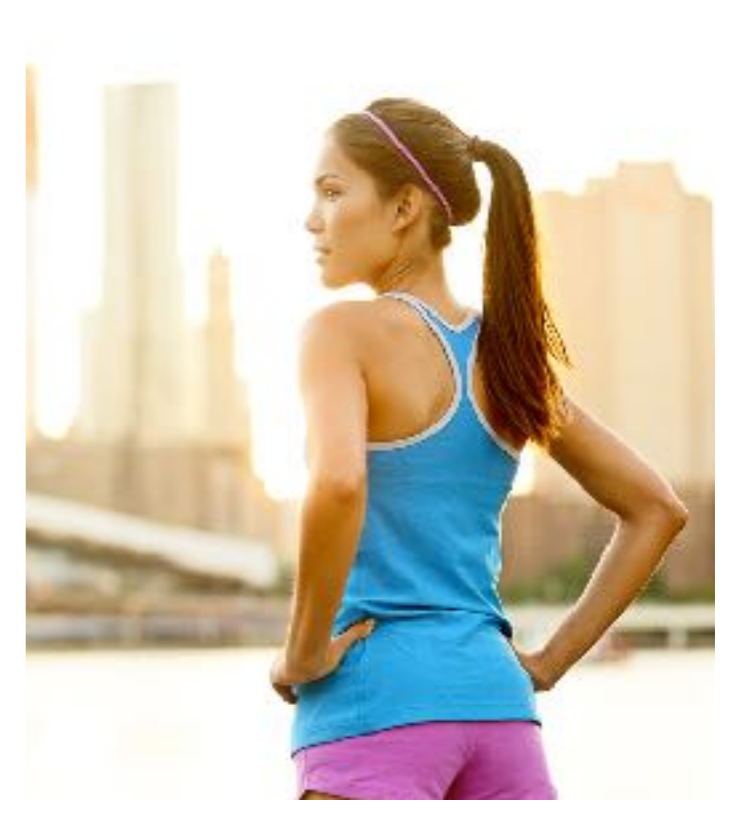


A close-up, shallow depth-of-field photograph of a person's hands writing in a spiral notebook on a wooden desk. The person is holding a silver pen. In the foreground, a silver laptop is partially visible. To the left, there is a white ceramic cup and a metal pitcher containing a bouquet of small white flowers. The background is softly blurred, showing a window with greenery outside. The overall mood is calm and focused.

LIFE AUDIT

THE POWER OF PERSPECTIVE

SUCCESS HQ



TAKE A LOOK INSIDE



Brainstorm

1. Start by brainstorming eight dimensions of your life that are important for you. Some examples of different approaches to this are:

The roles you play in life, for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend. Your own combination of these that reflect your priorities in life.

2. Label each area of your Life Wheel

3. Assess each area

Consider each on a scale of 0 (low) – to 10 (high), write down the amount of attention you're giving each area of your life. Mark each score on the appropriate spoke of your Life Wheel.

Different stages of life require different focus. This approach assumes creating the right balance of attention for each life area you will experience greater satisfaction and fulfilment.

4. Join the dots

Now join up the dots around the circle. Does your **current** life wheel look and feel balanced?

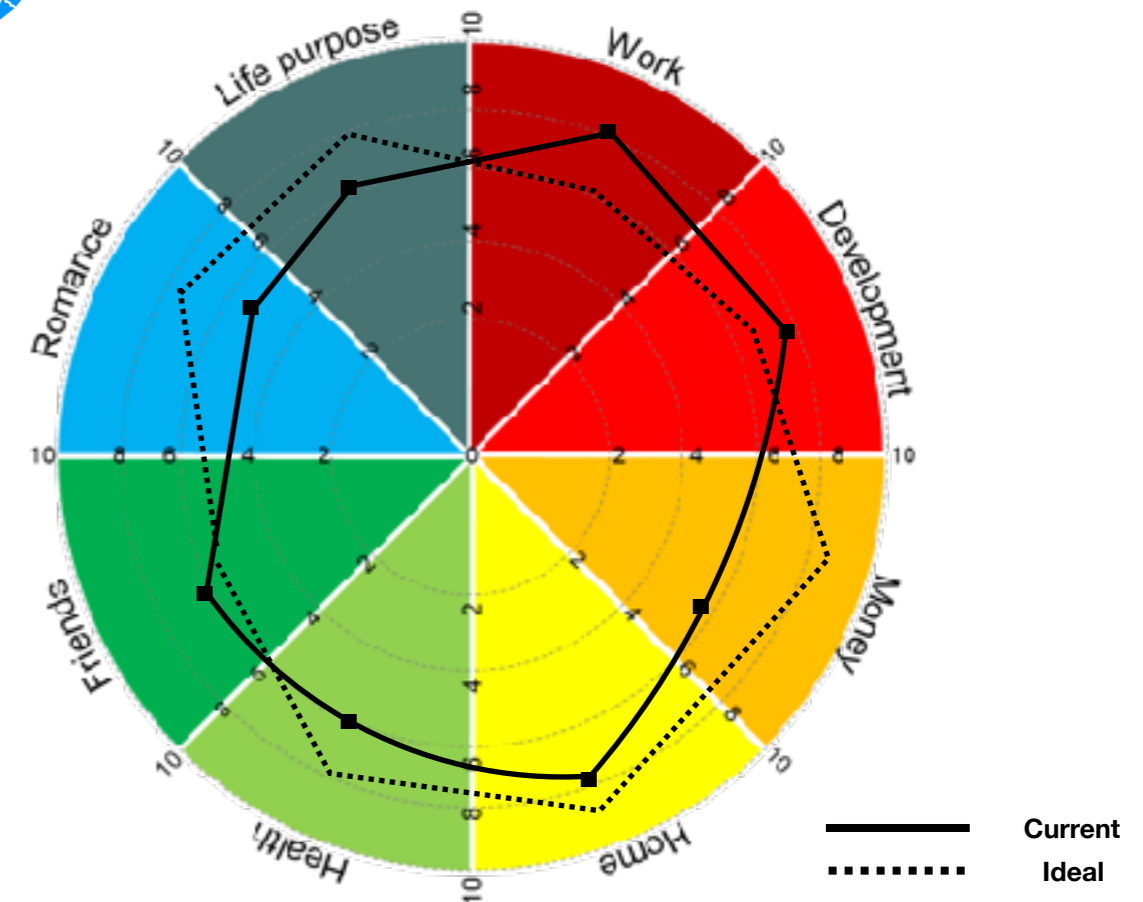
5. Think About Your Ideal Level

Next it's time to consider your **ideal** life wheel. A balanced life does not mean getting 10 / 10 in each life area as some areas need more attention and focus than others at any time. Choosing well to achieve the ideal outcomes for you in each life area is the goal.

Plot the "ideal" scores around your life wheel too.



Like this



6. Clarity

Now with a clearer picture of your life wheel, where are the gaps, what needs attention?.

Remember gaps go both ways, just as there may be some neglected areas there may be areas where you're putting in more effort than you'd like. These are sapping energy and enthusiasm that may better be directed elsewhere.

7. Take Action

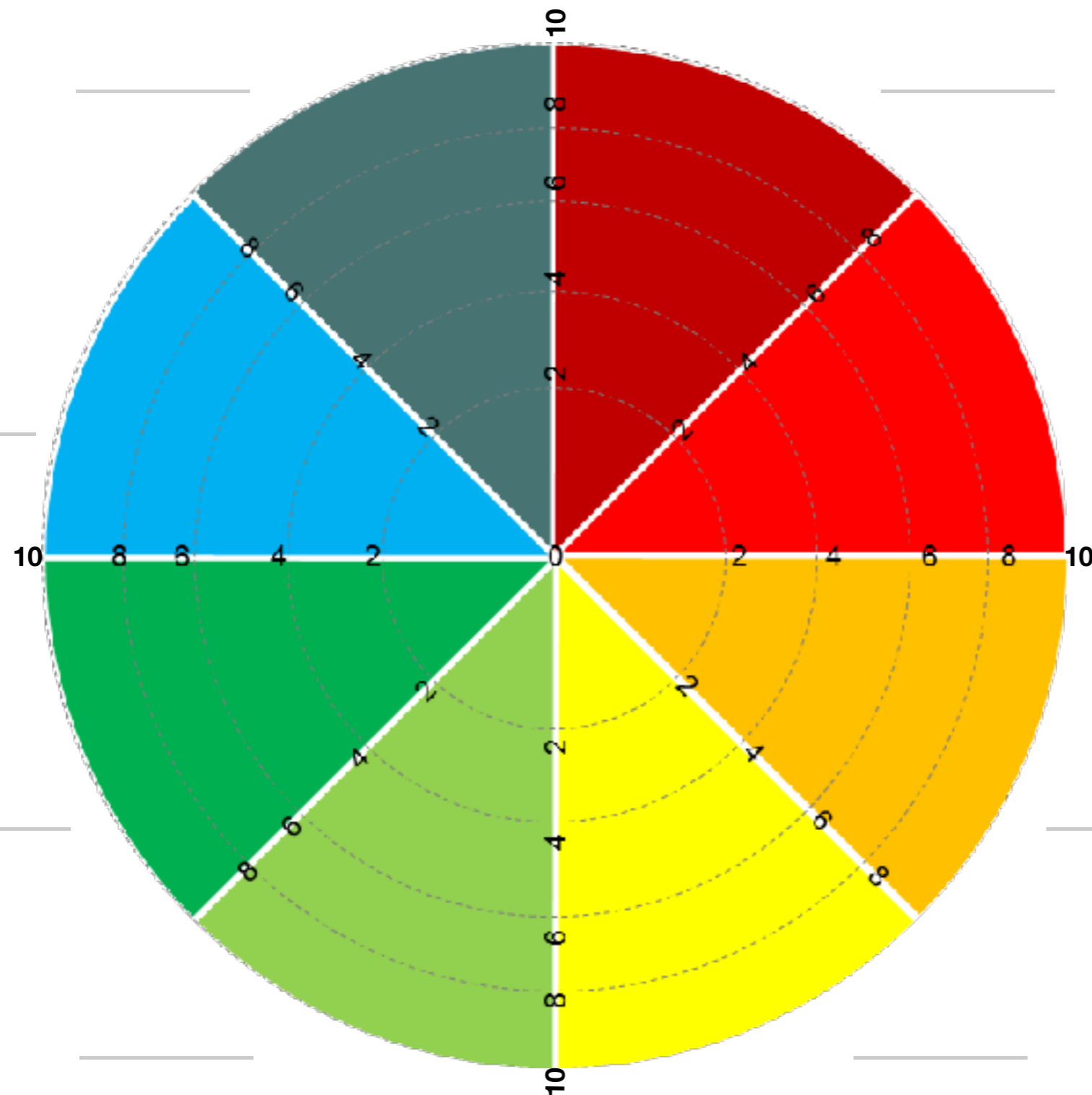
Start with the neglected areas, what do you need to **start** or **stop** doing to regain balance? What can be reprioritized or delegated? Make a **commitment** to action, write them on your worksheet.

Life Audit

Finding Balance in Your Life

SuccessHQ

DEVELOPING PEOPLE
Since 1998



Where are the gaps?

Start doing

Stop doing
