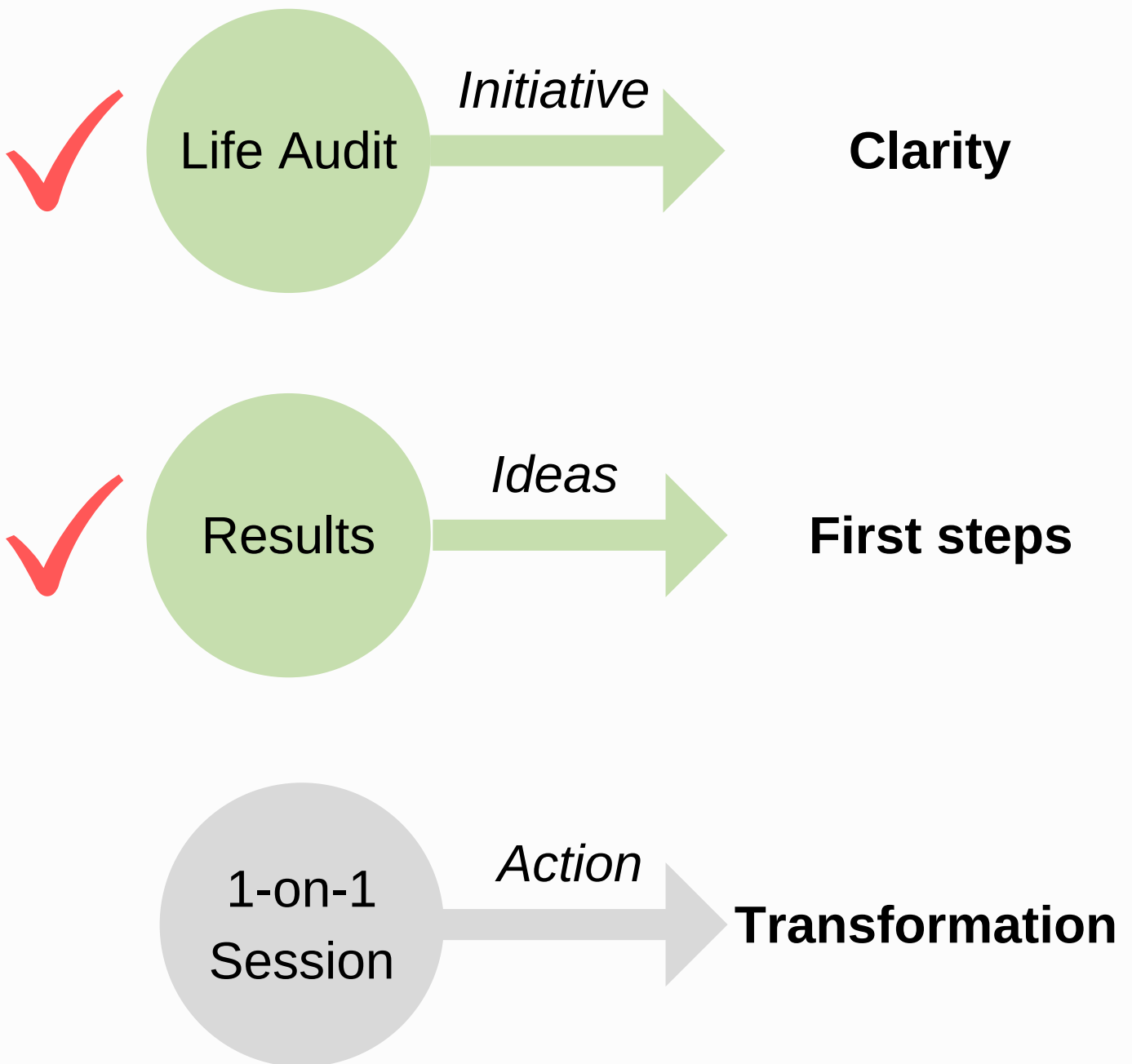


# Life Audit - Results

On the next pages, you'll find some observations and steps to take in the six categories. Pick the two you chose to focus on, and start there.

But first, here's where you stand in your overall progress:



## **Health\***

If health is one of your focus areas, there's usually more than one issue. Don't try to fix everything at once! Instead, determine what serves your personal way of life. You need the energy, clarity, and physical strength to pursue your passion and do your work.

Some basics: Get enough sleep, drink plenty of still water to stay hydrated, and breathe. Most of us take shallow breaths which makes the body believe we're under constant stress. Take a moment several times a day to take a deep, sighing breath all the way into your stomach.

Find out which foods send you to sleep and which give you energy (this differs from one person to the next). Commit to one meal a day when you eat only energising foods. Just one meal. Move regularly, either through exercise or a long walk a couple times a week.

\*If you suffer from chronic illness or pain, a lot of the points I made above don't apply to you. Your main task is to commit to making yourself as comfortable as possible. Find as many ways as possible to still follow your passion(s).

## **Finances**

If money is an area of worry, do two things: Read Amanda Steinberg's *Worth It*, and make a budget. Both will help you get back on your feet.

If you don't know how to even start budgeting, here are a few tips. First find out your fixed monthly costs. This includes rent or mortgage and any debt repayments, subscriptions and memberships. Add an average of the last six months' varying costs like electricity and groceries. Then compare your total spendings with your monthly income.

Split the difference between income and spendings as follows: 50% passions, 20% savings, 20% gifts and donations, 10% play. Play means you get to blow this money on anything you want but don't need. Play money has to be spent each month, so don't try to save it up. This puts the fun back into money management and prevents you from overspending.

If you're in dire straits, look for short-term solutions such as part-time or weekend work. It doesn't have to be forever, but even a small extra income can make a huge difference. This gives you breathing space to figure out your next steps.

## **Job/Business**

If this is one of your focus categories, you're either in a job you dislike or you're less successful than you'd like to be. Either way, you need to take a long-term approach. These things rarely change overnight. Persistence really pays off in this area!

It's worth taking the time to figure out what kind of work aligns with your passion(s) and purpose. Once you've got clarity on that, work your way backwards: Do you need a new qualification? Work experience that you may get by volunteering in your free time?

For employees: Consider what matters most to you in your work life: Satisfaction? Appreciation? Money? It's not going to make you happy to work your way up the ladder if your main value is meaningful contribution. You may be better off working for a charity or a cause you believe in.

For business owners: Consider getting support. Being in business (or a freelancer) can be rough, especially if you're doing this on your own. It's hard to keep up your initial enthusiasm in the face of challenges. A coach or mastermind group can keep you focused and in alignment.

## **Relationships**

The bad news is that relationships are, by their nature, very personal. Any issues can put a huge dampener on your mood and general well-being. The good news is that this is an area where you'll feel any changes almost immediately. And trust me, they're always possible.

It doesn't actually matter which relationship is on the rocks, the one with yourself, your significant other, your family or friends. Two remedies apply universally:

- Quality time
- Outside help

By outside help I mean counselling, therapy or any type of support group. Don't be shy to make use of these offers, they're the best thing anyone can do for themselves, according to some of the happiest people I've met. A professional who isn't directly involved in the relationship, sees so much more.

Remember also that any relationship starts with yourself. Take plenty of time for self care - carve out the time if necessary. It's important! Self care can be anything from a pampering session to a walk in nature or an evening with a good book and a woollen blanket. Just do whatever you feel would nourish you right now.

## **Spirituality**

Maybe you never seem to have enough time for your spiritual practice. Or you feel trapped in a religion you no longer believe in, because of the social aspect of being in a group or church.

Here's a reminder: Religion and spirituality are a matter of conscience. Nobody except for yourself should have any say in it. There are gentle, respectful ways of disagreeing. It's possible to maintain friendships even when you've evolved in different spiritual directions.

That said, you can keep your journey private and go exploring. Lifelong practices may no longer serve you, so find new ways of connecting. Read, google, experiment until you find what suits you now, at this point in your life. Remember you don't owe anyone an explanation!

Nature is a great place to find peace and spiritual connection. Also look into mindfulness; it can pave the way to deeper insights.

Commit to your practice and make time for it. Spirituality is often the first thing we drop when things get busy. Try and create space on a regular schedule. Even small steps make a difference, such as 5-10 of prayer or meditation in the morning or evening.

## **Passions**

If the “highest” category needs attention, it can be a sign of a general balance issue in your life. Two insights follow from this:

1. There's no such thing as perfect balance. It's a good idea to strive for balance and pay attention to the areas in your life where your “rating” is low. At the same time, you need to accept that it'll only ever be an approximation, never perfection.
2. Whilst working on balance, you can simultaneously start prioritising your passion. This is important! Otherwise your passions will always be what you'll get to “one day”.

You do this by walking your talk: Prioritising means to put something first. Schedule time for your passion(s) into your calendar before anything else. Be ruthless about creating space for what lights you up.

You may feel selfish at times, especially if you're used to putting others first (such as your children). Trust me when I say, you can give no greater gift to your loved ones than being lit up by pursuing your passion. Miraculously, you'll have so much energy you'll find more than enough time for your family and work as well.