

Life Design Self-Audit

Knowing where you are starting from, and where you want to go, is key to *living a life on purpose.*

The tool on the following page is a simple yet profound framework to help you get clear on *where you currently stand vs. where you want to go.*

If you're curious to learn more or want some help with an audit, *book a 1:1 Life Design Session with me* at the link below.

Enjoy!

<https://www.nhb-strategy.com/book-online>

The Life Design Self Audit

Start Here

Please rate on a scale of 1-5 how you feel about your current life circumstances in each of the pillars below
(1 = low energy/no flow/not going the best, 5 = high energy/great flow/going really well)

Family & Friends

Romance

Personal Growth

Fun & Recreation

Business/Career

Finances

Health

Physical
Environment

Spiritual

Thinking about the pillars that you rated on the low side, what are the main reasons for why you feel that way? What is contributing to the low scores?

Thinking about the pillars that you rated on the high side, what are the main reasons for why you feel that way? What is contributing to the high scores?

Pick two pillars to focus on, that will make the biggest impact on improving your life.