



Life Audit

WORKSHEET



A guide to gain control of your life



YOUR HAPPY
JOURNEY



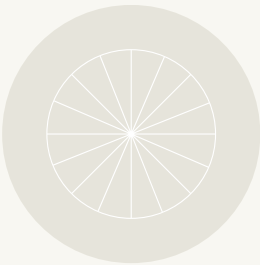
Introduction

Why should you do a life audit?



Wellbeing & Wellness

Why our well-being and wellness matters?



Wheel of life

Let's assess our life using the wheel of life



The next step

In this last step you will use the wheel of life results to set goals and create a plan to achieve the life you want.



01 *Why should I do a life audit?*

Have you ever felt that something is missing somewhere in your life? Or you felt you are not fully content with your life?

When was the last time you reflected deeply on different areas of your life? Well, you are not alone.

We are so used to live in an auto-pilot mode that we forget to chase what truly makes us happy and we live based on the "goals" that the society sets for us.

If you are reading this, it means you might want to live a happier life.

A life audit provides us an opportunity to reflect on our past experiences and identifying areas for growth and improvement, and setting goals and intentions for the future. By taking stock of our current situation, we can create a clear vision for what we want to achieve and take actionable steps to make it a reality.

02 Your well-being and wellness

You might not be feeling content with your life, may be because you might lack sense of accomplishment in one area or more areas of your life. Let's understand why?

Well-being is often described by a person's state of being comfortable, happy, or healthy. While in the other hand, wellness is more an active and conscious process of making mindful choices towards a healthy and fulfilling life. - Your Happy Journey

The choices we make daily defines our level of well-being and wellness. For example, if we want to achieve physical wellness and well-being, we need to take actions towards maintaining a healthy body and seek care when we need it.

Let explore the 8 categories of wellness.

Financial wellness: It involves managing our expenses and resources effectively. Financial stress can lead to health issues.

Environmental wellness: It involves being respectful to our surroundings including nature and other living species.

Occupational wellness: It is about gaining personal satisfaction through our work.

Emotional wellness: It is about understanding your feelings and emotions and learning how to manage them effectively.

Physical wellness: It involves taking care of your body and maintaining optimum health.

Intellectual wellness: It is about growing intellectually and expanding our skills and knowledge.

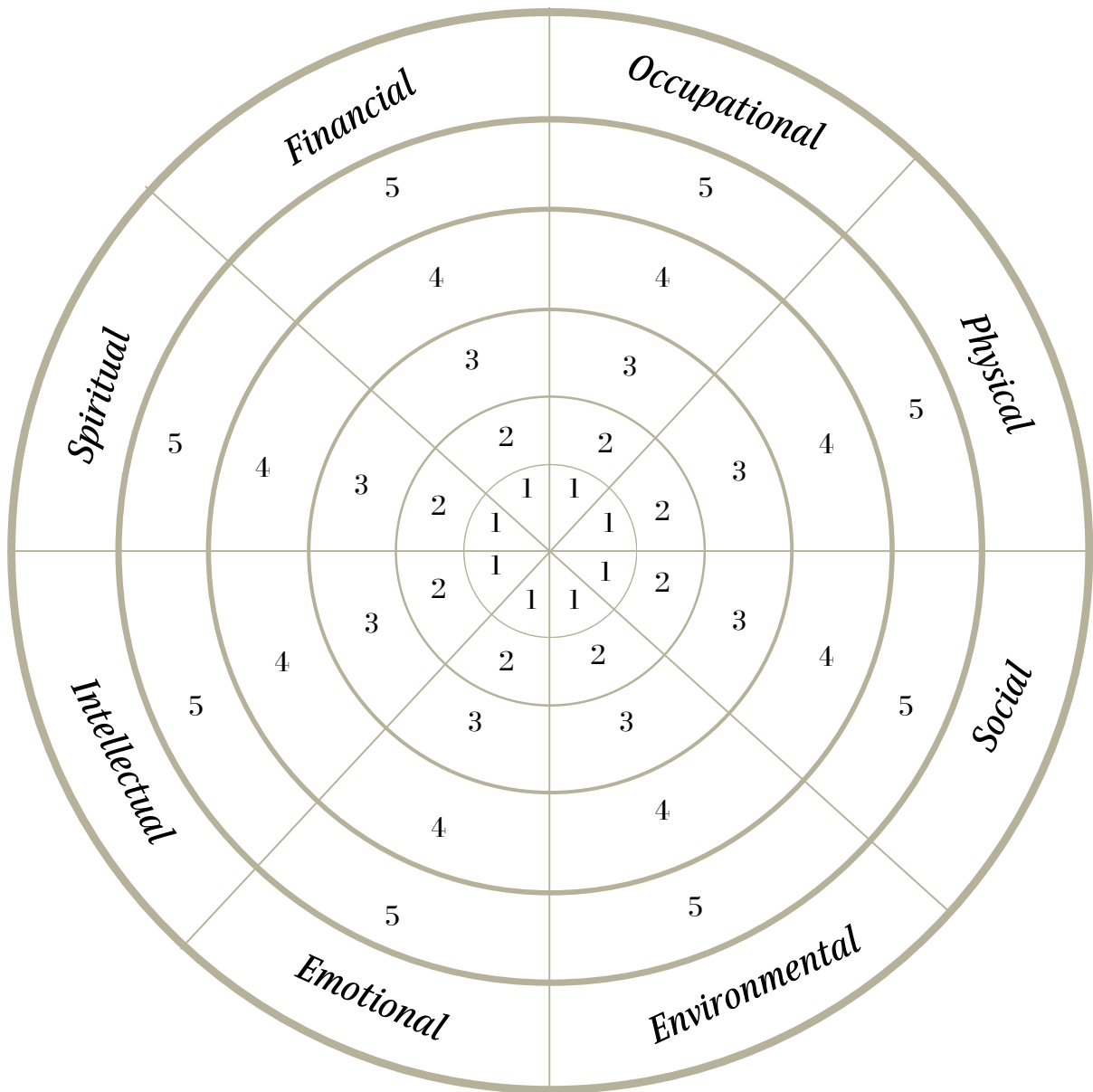
Social wellness: It comprises of maintaining healthy relationships with others and contributing to your community.

Spiritual wellness: It is about finding purpose and meaning in your life. It enables us to find meaning in life events and appreciate the life experiences as they are.

03 The Wheel of life

This exercise will help you to assess how you feel about the different areas of your life. This will provide you with a visual representation of how content you are with each area of your life so that you take action to improve it.

Here's what you'll do - first give a rating from 1 to 5 in each category, 1 being you're totally unsatisfied, and 5 means that you're very content.



04 The next step

Write down the changes you would like to bring in the 8 areas. Start small.

Goals	Actions
<i>Financial</i>	
<i>Occupational</i>	

Goals

Actions

Physical

Social

Environmental

Goals

Actions

Emotional

Intellectual

Spiritual

Reflection time

What do you want out of life?

List 10 must-do's - things you need to accomplish in your lifetime.

How are you planning to make each one happen?

"Ask for what you want and be prepared to get it" - Maya Angelou

Hey! I'm Vee

I hope this workbook has been helpful.

I believe there is no better time than this moment to start taking care of what truly matters to us.

Just remember,

"The eyes of others our prisons; their thoughts our cages" - Virginia Woolf

For me, I am on a mission to help people improving their wellness and well-being by making simple changes to their lifestyle.

Let's keep in touch



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