

Life Audit Tracker

A Life Audit helps you assess where you stand in important areas of life and make intentional changes for growth. Rate each area from 1 to 10, note your key observations, and set action steps for improvement.

Life Area	Current Rating (1-10)	Key Observations	Action Steps
Health			
Finances			
Personal Development			
Career			
Relationships			
Self-Care			
Home			
Free Time			

Reflection Questions:

- What's draining my energy right now?
- What's one small change I can make today?
- If my life stayed exactly the same for the next year, would I be happy?