ELEVAIT · LIFE CYCLE

Life Audit Worksheet

A quiet, honest look at where you are — and where you are headed.

Set aside one undistracted hour. Move through each of the seven pillars. Answer honestly — there are no right answers, only truer ones. Revisit every quarter.

Date **Season**

How to use this worksheet

A life audit is a structured review of your whole life — not just your career or finances, but your direction, wellbeing, relationships, and sense of purpose.

Work through each of the seven pillars in order. Write your notes by hand if you can — the slower pace draws out clearer thinking. Score each pillar from 1 to 10 to see, at a glance, where your life is most and least aligned.

When you finish, return to the final page and choose just **one** pillar to focus on this season. One small step, repeated, will move you further than ten resolutions ever could.

The seven pillars

01 Direction

02 Wellbeing

03 Finances

04 Business

05 Career

06 Relationships

07 Reflection

01 Direction

Reflect: Do you feel clear about your priorities?

Audit prompt: Write down the three things that matter most to you right now. Then list how you spent your last three evenings. Where is the gap?

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

Direction is not a destination — it is a daily choice to move toward what matters.

02 Wellbeing

Reflect: How often do you feel overwhelmed?

Audit prompt: Rate your energy, sleep quality, and stress level from 1 to 10. What is the one habit draining you most?

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

Wellbeing is the foundation everything else builds on.

03 Finances

Reflect: Do you actively track your finances?

Audit prompt: Look at your last month of spending. Does it reflect your values? Identify one category to redirect toward a goal.

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

Financial clarity gives you the freedom to say yes to the right things.

04 Business

Reflect: Do you have a business or side project you nurture?

Audit prompt: What is the one project you have been avoiding? What is the smallest step you could take this week?

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

Consistency beats intensity.

05 Career

Reflect: Are you pursuing employment opportunities intentionally?

Audit prompt: Describe your ideal role in three sentences. How does your current path move you closer or further from it?

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

Career clarity is knowing what you are building toward.

06 Relationships

Reflect: Do you intentionally nurture meaningful relationships?

Audit prompt: List the five people you spend the most time with. Do they reflect the person you want to become?

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

The quality of your life is the quality of your relationships.

07 Reflection

Reflect: Do you regularly reflect on your progress?

Audit prompt: When did you last pause to ask, 'Is this still what I want?'

Your notes

Alignment score (1 = far off, 10 = aligned)

1	2	3	4	5	6	7	8	9	10

A life without reflection is a life on autopilot.

Your alignment map

Transfer each pillar score below.

Pillar	Score / 10	One word that captures it
Direction		
Wellbeing		
Finances		
Business		
Career		
Relationships		
Reflection		

One pillar I will focus on this season

The smallest next step I will take this week