

Personal Audit

Name:

Date:

Instructions: Reflect on the below questions and answer honestly.

1. Have I accomplished the goals and objectives I set out to accomplish this year?

2. What am I procrastinating about doing? Why?

3. Have I established an emergency fund of at least \$1,000?

4. If not, what has prevented me from establishing an emergency fund?

5. What is standing in the way of me reaching my goals?

6. Did I (or do I intend to) invest my attention, money and/or time into my personal growth and/or wellbeing?

7. Am I allowing fear to control or stop me?

8. Are my current habits conducive for the achievement of my goals?

9. Am I holding resentment towards myself or others? Is there anyone I need to forgive – including myself?

10. What have been my strengths this year?

11. What have been my weaknesses this year?

12. What am I passionate about or what do I find meaningful?

13. What areas of my life need more focus or improvement? Why?

14. Have I allowed myself to take adequate periods of rest (physically, emotionally)?

15. Is there anyone in my life who robs me of my peace or sets me back in terms of achieving my goals? If yes, how do I wish to proceed with this relationship? What types of boundaries should I establish?

16. Is my prayer life satisfactory? Is my relationship with God stronger than when the year began?

17. What is the last word or instruction God gave me? Have I fulfilled or acted on that word? Why or why not?

18. Am I living a life that is meaningful to me?

19. Am I proud of who I am and what I offer the world?

20. Do I feel I have more to offer/give?

21. Am I satisfied with my physical state (health, weight, appearance)?

22. How can I improve in the area of physical wellness?

23. Review your last ten (10) purchases? Do these purchases align with your goals?

24. What feelings/emotions have been most frequent or dominant this year?

25. Do I feel mentally resilient or should I focus more on my mental health?

26. Do those who matter most to me feel valued by me?

27. Is how I speak to and treat others a reflection of how I wish to be treated?

28. Have I implemented positive speech into my daily communication? If not, why?

29. Am I satisfied with my current career path?

30. If yes, how can I improve to ensure further growth? If no, what actions can I take to adjust my course or improve my satisfaction?

Challenge:

Based on the results of your personal audit, reevaluate your goals and objectives and chart a SMART (specific, measurable, attainable, relevant and timely/time-specific) path to completion and/or realization.

Wife  *HER!*