

We get so caught up in the day to day tasks, that we don't often take time for some self-reflection. It is important to remember that your past does not define you, but refines you. Using your past as a key building block can set you up for success for the rest of the year and beyond.

One exercise we recommend is doing a personal audit - don't worry it is not as scary as a tax audit! The aim is to look at what is working for you and what is potentially holding you back. It is the perfect time to do a spring clean of your habits, things and even the people you are spending time with. This exercise is best done when you have a few minutes to yourself of quiet reflection time.

Let's get started!

1. Make a list of the areas in your life that you want to review and then add items related to each area. Consider taking into account how much time you devote to activities, habits, and behaviours. Ask yourself if these activities and relationships add value to your life and move you towards your goals, or are they holding you back?
2. Take stock of the people you spend your time with. Do they lift you up and encourage you to grow? Are they supportive, positive role models in your life? Remember, you are the sum of the 5 people you spend the most time with. Ask yourself if spending time with them is worthwhile and positive.
3. Reflect on habits or behaviours that have been part of your life for a long time. Are they beneficial or detrimental to your goals and overall wellbeing? Make a list of things you do regularly and determine if they are serving you or not.
4. Examine how you spend your time and energy in detail, looking for patterns that might be preventing you from achieving balance and success. Identify areas where you could improve efficiency or refocus your efforts.

By regularly conducting a self-audit, you can get a better understanding of yourself and make changes to promote growth and wellbeing. It will help you become more aware of how you spend your time and who you surround yourself with. Ultimately, it will empower you to make positive changes, helping you move forward on your journey towards your Absolute Best Life.

Keep scrolling for our self-audit worksheet!

SELF-AUDIT WORKSHEET

	POSITIVE	NEUTRAL	NEGATIVE
PEOPLE			
HABITS			
ENERGY			