



MICHELLE FLYNN COACHING

Life Audit

The Life Audit is a tool to help determine how well you are flourishing in the major aspects of your life. It has been specifically designed to cover not just the obvious health and practical areas of our lives but also our connections to others and ourself.

How to use the tool:

It is time to consider what's going well for you, and what needs some attention.

Using a scale of 1 to 10, with 1 being very dissatisfied and 10 being fully satisfied (avoid using 7, you will see why when you start), take time to rate how you feel for each category. Be honest and reflective.

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Mark the point on each section of the wheel that matches the level of satisfaction you have chosen in the corresponding categories, with the centre of the wheel representing 0. Connect the points to create a line or curve.

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Consider what your completed wheel represents and what insights you can learn from it.

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Choose one category to focus on and identify an action to improve it.

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Consider what resources you need and who can help you.

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Set a date by when you want to complete your action.

To discuss anything that has come up in your audit that you would like help with, please click the button below to book a time to chat.

EMAIL ME



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Section One

Practical

●	Work	1	2	3	4	5	6	7	8	9	10
●	Finance	1	2	3	4	5	6	7	8	9	10
●	Home	1	2	3	4	5	6	7	8	9	10
●	Routine	1	2	3	4	5	6	7	8	9	10
●	Growth	1	2	3	4	5	6	7	8	9	10

Section Two

Health

●	Physical	1	2	3	4	5	6	7	8	9	10
●	Mental	1	2	3	4	5	6	7	8	9	10
●	Food	1	2	3	4	5	6	7	8	9	10
●	Exercise	1	2	3	4	5	6	7	8	9	10
●	Sleep	1	2	3	4	5	6	7	8	9	10



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Section Three

Connection

●	Romance	1	2	3	4	5	6	7	8	9	10
●	Family	1	2	3	4	5	6	7	8	9	10
●	Friends	1	2	3	4	5	6	7	8	9	10
●	Community	1	2	3	4	5	6	7	8	9	10
●	Self Love	1	2	3	4	5	6	7	8	9	10

Section Four

Self

●	Values	1	2	3	4	5	6	7	8	9	10
●	Reflection	1	2	3	4	5	6	7	8	9	10
●	Creativity	1	2	3	4	5	6	7	8	9	10
●	Purpose	1	2	3	4	5	6	7	8	9	10
●	Joy	1	2	3	4	5	6	7	8	9	10



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The Results

The Wheel

Plot the scores by placing a dot on the relevant spaces for each area on the Life Audit wheel.

Then, simply join the dots to see a powerful, visual representation that will help you understand where you stand currently and where you want to grow.

