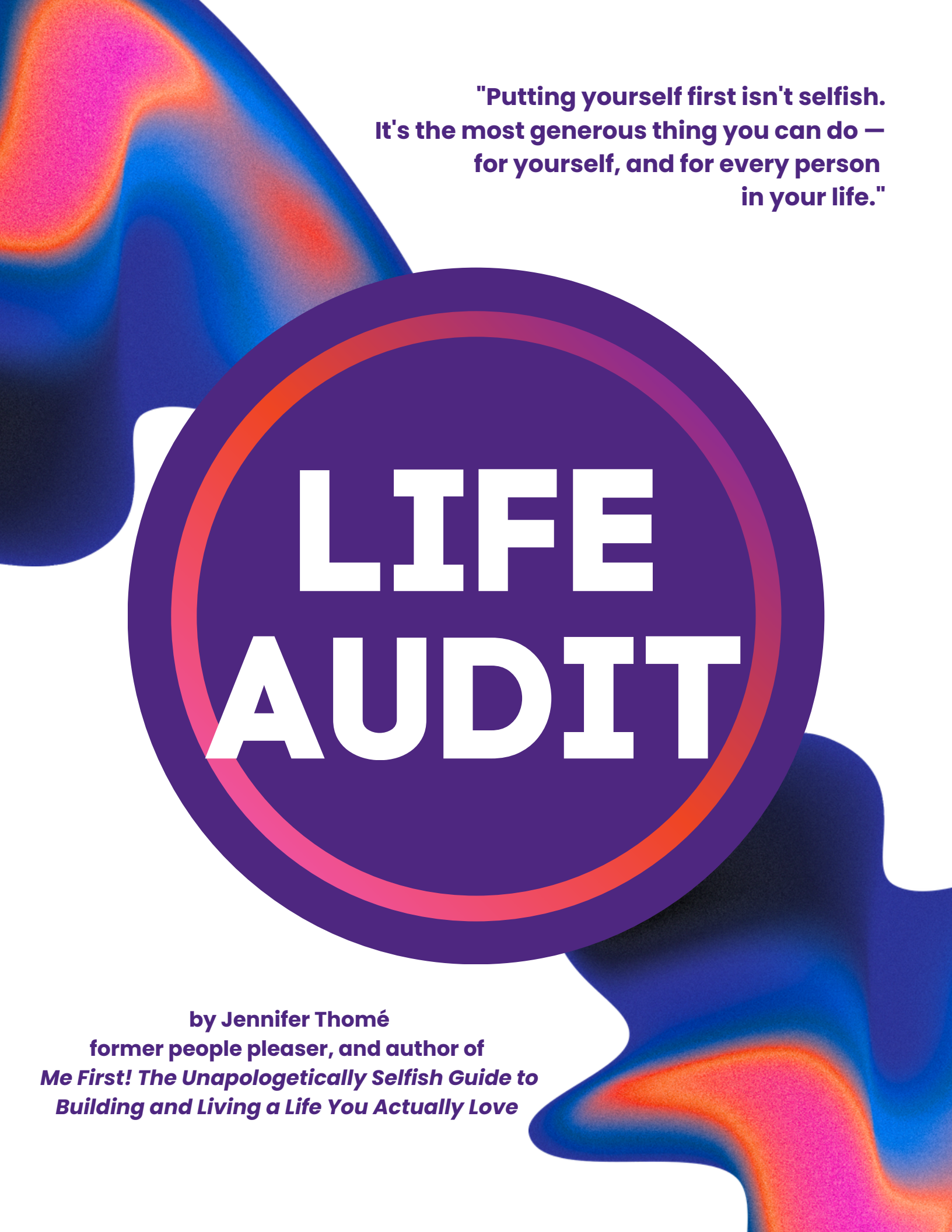




**"Putting yourself first isn't selfish.
It's the most generous thing you can do —
for yourself, and for every person
in your life."**

LIFE AUDIT

by Jennifer Thomé
former people pleaser, and author of
Me First! The Unapologetically Selfish Guide to
Building and Living a Life You Actually Love

Your Life Audit

Before you tear down and rebuild your life, you have to know what is standing on the lot. A life audit is exactly that: a clear-eyed look at how happy, fulfilled, and alive you really feel across every area of your existence.

Most people skip this step because it is uncomfortable. You sense the cracks but keep painting over them. You say things like “it is fine” or “I can’t complain,” while secretly feeling the quiet ache of a life half-lived. But denial does not protect you. It only delays your freedom.

The purpose of the life audit is to stop guessing and start seeing. To gather data on your own happiness the way a scientist gathers data on an experiment. Because your life is an experiment, a grand, ongoing research project in which you are the subject, the creator, and the observer all at once. When you take stock of where you are, you reclaim authorship of your story.

A life audit shows you exactly where you’re doing well and where you want to do better. This process is not about judgment. It is about truth. It is taking inventory. You are separating emotional fact from fantasy so that when you start making changes, they are based on reality, not guilt, not fear, not comparison. Awareness is the first act of rebellion against unconscious and uninspired living.

The beauty of the life audit is that it gives form to feelings that have long been floating just beneath the surface. When you start scoring each area such as health, relationships, finances, and self-love, you are creating a map of your inner world. You might discover that the place you thought was fine is actually quietly starving for attention, or that a part of your life you have neglected has been humming with hidden potential all along.

The goal is not to chase perfection across every category, but to identify leverage points, those areas where small shifts can create massive returns in happiness. Maybe improving your health will unlock energy to build your business. Maybe healing a friendship will soften the fear of intimacy that has been holding you back from love. Your life’s areas do not exist in isolation and are constantly changing, and looking at all of them honestly is a surefire way to discover what is energizing and what is draining you.

And yes, it can be emotional. You might cry when you realize how long you have been postponing joy. You might get angry at the years you spent playing roles that were never truly yours. That is part of the awakening. Emotion is data.

Once you see your life clearly, you can stop chasing other people’s definitions of success and start designing your own. This audit is your blueprint for the version of you that has been buried under duty, distraction, and doubt. As you move through the next exercises, you will begin to see how every choice either expands or contracts your happiness. And when you begin making decisions from that awareness, everything changes.

Ready? Let’s do this!

Question 1: How happy are you?

I'm going to wager that as you were exploring the idea of being more selfish, you felt a flutter of panic, or perhaps an uncomfortable knot in your stomach. "Have I gone crazy?" you might have asked yourself. Or maybe you started wondering if this was just going to be another failed attempt at finding a way to be happy.

My friend, I promise you, it is not. There is nothing more liberating than pursuing your dreams, even if you have to walk through a few dark nights to get there.

So to keep you focused on why this matters, I want you to take a simple assessment of your life. Grab your highlighter, and get ready!

For each of the following, fill in the level of how thrilled you are with the current state of your life, from 1 to 10, where 1 = unhappy, or needs immediate attention and 10 = thriving.

I left some blank spaces in case there are areas you want to work on that aren't listed. And of course, if an area of your life isn't a priority, skip it, or celebrate that it's not! For instance, if you've chosen to be a full-time mom, you can either fill that in as your career, or skip that row.

You can also choose the Wheel of Life method to see just how much a positive state in any area delivers a massive impact.

When you're done, reflect on each area that's lacking by asking yourself:

What's working?

What isn't?

What would amazing look like?

What's stopping me from getting there?

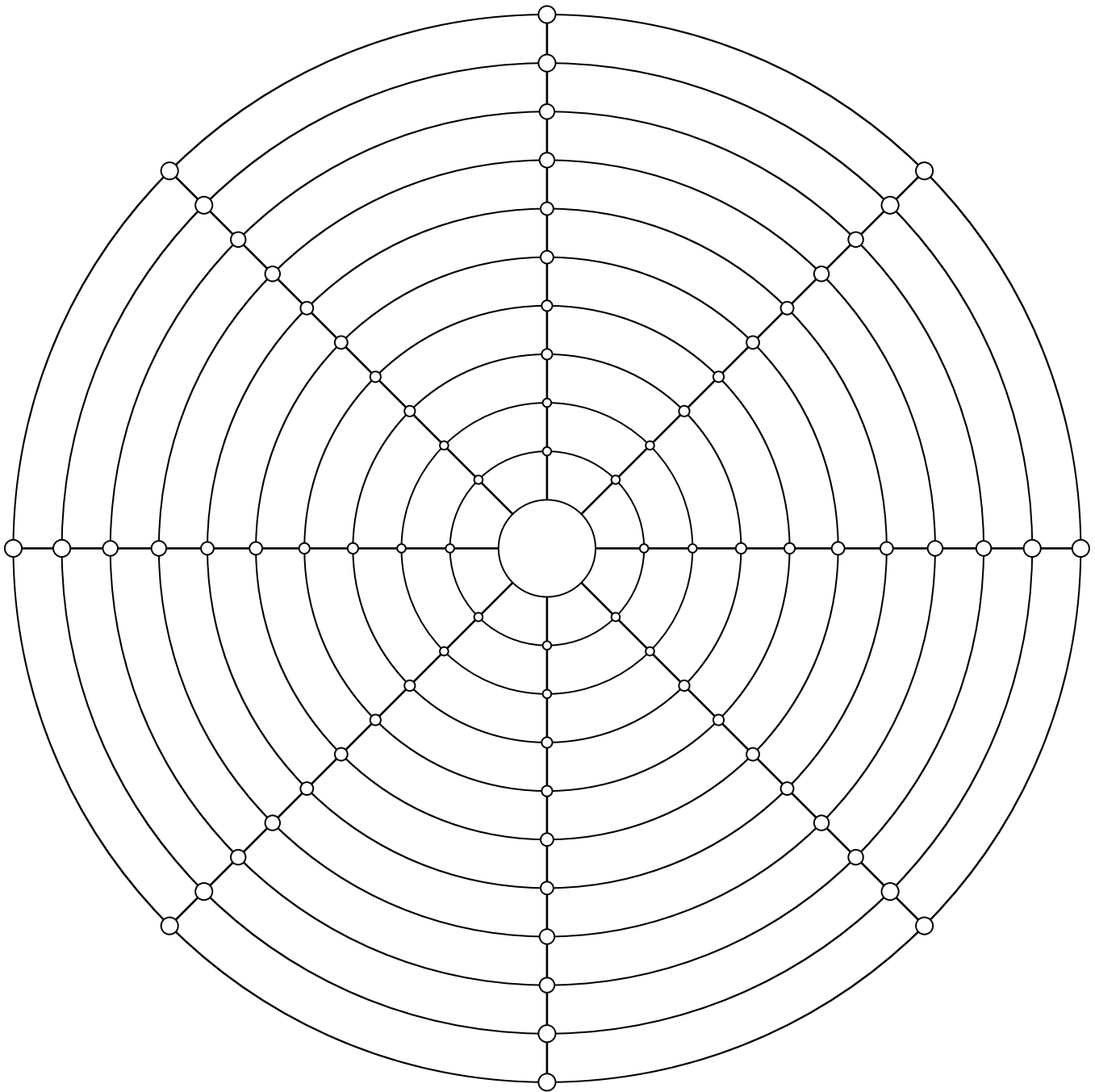
Or do both!

Your Life Satisfaction Chart

[illegible]

The Wheel of Life

Write the name of the key areas on the outer edge of the section, then fill in how satisfied you are with your current state. Notice how the more satisfied you are the bigger impact it has!



Ready to Live a Life You Truly Love?



You've just taken the first step, and that matters more than you know.

This worksheet is a small piece of a much bigger journey, and if what you uncovered today resonated with you, there's so much more waiting for you.

My upcoming book ***Me First! The Unapologetically Selfish Guide to Building and Living a Life You Actually Love*** goes deeper into everything you touched on today: the science, the stories, the method, and the roadmap for building a life that finally works for you, not everyone else.

If you're ready to do the work with real support, the upcoming Me First! online course walks you through the full Body → Mind → Soul transformation at your own pace, with the tools and exercises to make the change stick.

And if you want to go faster, further, and with someone in your corner every step of the way, I'm here to help you with that, too!

I'd love to be part of what comes next for you.

Follow me at www.instagram.com/jenniferthome for updates about the book, the course, to get useful tips about how to build and live a life you actually love, and see my link in bio to book a time with me!

It's time to put yourself first!

With love,

Jennifer Thomé