

# AWARENESS AUDIT

The truth  
about  
where I am.

# Holding up the mirror

What you want to create in your life, whether it's a new business, better relationships, more savings, whatever it is for you... it all starts with understanding the truth about where you are today.

This workbook will allow you to step back and observe your habits, behaviors, stories, thoughts, feelings, and everything in between. You can then decide what you'd like to change to get different results in the future.

We invite and challenge you to be objective in your assessment of where you are today.

Without judgment.

Without assigning meaning.

Report what you see as though it is a neutral circumstance. What you observe is not negative or positive. It's only data.

Once you have the truth about where you are today, you can then decide what areas you would like to shift so that you can create different results in your life.

It's important to remember as you go through this process that nothing needs to change for you to be more worthy.

Things can stay exactly as they are today, and you would still be enough - regardless of what you observe.

We go through this process because it's fun to intentionally design the results that we create in our lives.

We are getting results either way.

Wouldn't you rather get your results by design instead of by default?

Let's do this!

# STEP 1: AWARENESS AUDIT

## AWARENESS AFFIRMATIONS

For the next 2 weeks, I will track my current habits without trying to change anything.

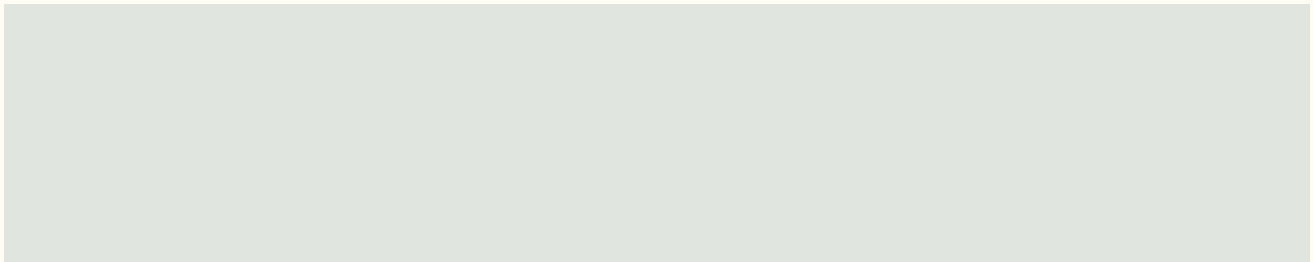
I will start by listing out my desired habits and simply observe and be curious about what my current habits are.

I will use the following worksheets or another preferred method to track my habits.

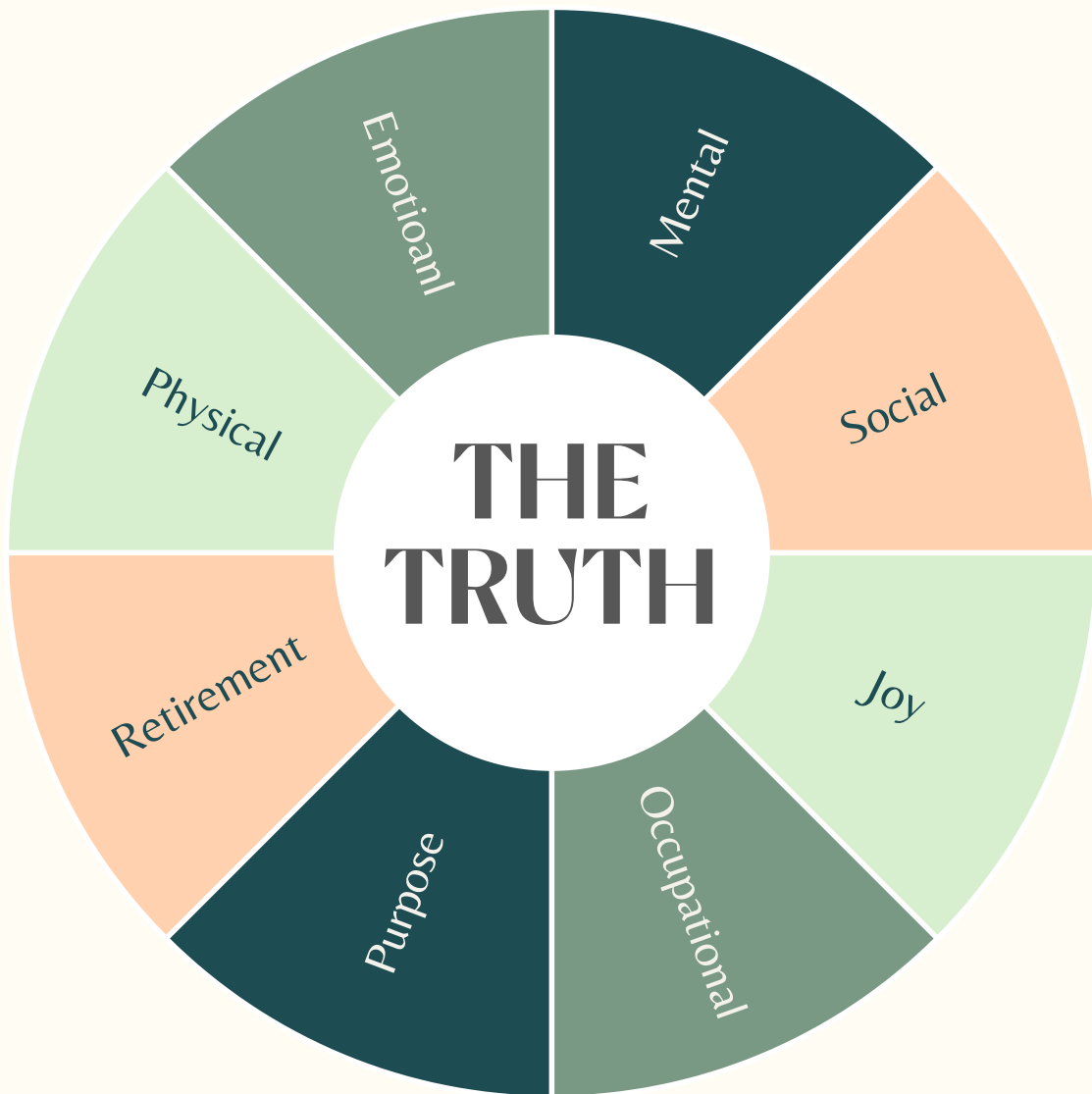
When my mind offers me any of the following thoughts, I will allow them to be there and question them instead of automatically believing them and giving up.

- I don't know if I'm doing this right
- This is too hard
- I don't have time for this
- This process isn't helpful
- (Anything else that causes me to feel discomfort and quit)

When my mind offers me any of these non-productive thoughts, I will remind it :  
*(provide a thought that would be helpful and move you forward into action.)*



# AWARENESS CATEGORIES



# AWARENESS AUDIT - Week 1

START DATE: \_\_\_\_\_

HABITS	SUN	MON	TUE	WED	THU	FRI	SAT
1 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# AWARENESS AUDIT - Week 2

START DATE: \_\_\_\_\_

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# STEP 2: VALUES

## VALUES AFFIRMATIONS

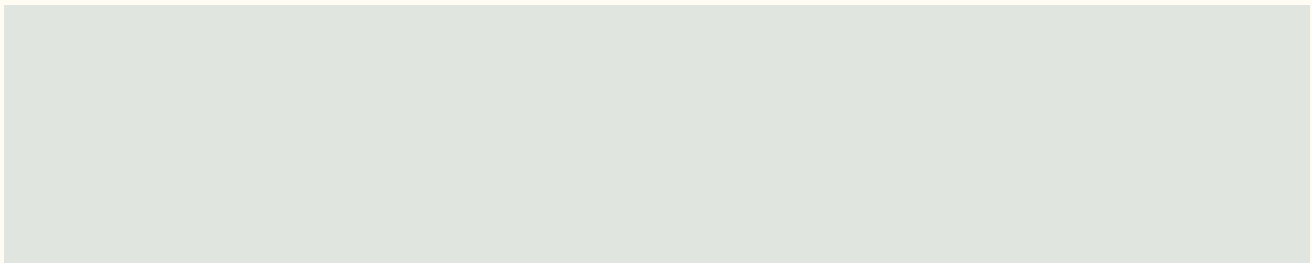
For the next week, I will focus on identifying what I value and what those values mean to me.

I will ask myself powerful questions about how my habits from the last 2 weeks align with my values.

When my mind offers me any of the following thoughts, I will allow them to be there and question them instead of automatically believing them and giving up.

- I don't know if I'm doing this right
- This is too hard
- I don't have time for this
- This process isn't helpful
- Anything else that causes me to feel discomfort and quit

When my mind offers me any of these non-productive thoughts, I will remind it :  
*(provide a thought that would be helpful and move you forward into action.)*



# VALUES - Week 3

Accountability	Financial stability	Openness	Understanding
Achievement	Forgiveness	Optimism	Uniqueness
Adaptability	Freedom	Order	Usefulness
Adventure	Friendship	Parenting	Vision
Altruism	Fun	Patience	Vulnerability
Ambition	Future generations	Patriotism	Wealth
Authenticity	Generosity	Peace	Well-being
Balance	Giving back	Perseverance	Wholeheartedness
Beauty	Grace	Personal fulfillment	Wisdom
Being the best	Gratitude	Power	
Belonging	Growth	Pride	<b>ADD YOUR OWN:</b>
Career	Harmony	Recognition	
Caring	Health	Reliability	
Collaboration	Home	Resourcefulness	
Commitment	Honesty	Respect	
Community	Hope	Responsibility	
Compassion	Humility	Risk-taking	
Competence	Humor	Safety	
Confidence	Inclusion	Security	
Connection	Independence	Self-discipline	
Contentment	Initiative	Self-expression	
Contribution	Integrity	Self-respect	
Cooperation	Intuition	Serenity	
Courage	Job security	Service	
Creativity	Joy	Simplicity	
Curiosity	Justice	Spirituality	
Dignity	Kindness	Sportsmanship	
Diversity	Knowledge	Stewardship	
Environment	Leadership	Success	
Efficiency	Learning	Teamwork	
Equality	Legacy	Thrift	
Ethics	Leisure	Time	
Excellence	Love	Tradition	
Fairness	Loyalty	Travel	
Faith	Making a difference	Trust	
Family	Nature	Truth	

# VALUE #1 - Week 3

VALUE :

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How do I define this value?

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What actions and activities reflect this value?

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Do my habits align with these values?

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What else could I do to further align myself with these values?

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# VALUE #2 - Week 3

VALUE :

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How do I define this value?

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What actions and activities reflect this value?

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Do my habits align with these values?

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What else could I do to further align myself with these values?

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# VALUE #3 - Week 3

VALUE :

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How do I define this value?

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What actions and activities reflect this value?

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Do my habits align with these values?

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What else could I do to further align myself with these values?

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# VALUE #4 - Week 3

VALUE :

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How do I define this value?

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What actions and activities reflect this value?

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Do my habits align with these values?

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What else could I do to further align myself with these values?

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# VALUE #5 - Week 3

VALUE :

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How do I define this value?

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---

What actions and activities reflect this value?

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Do my habits align with these values?

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What else could I do to further align myself with these values?

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# STEP 3: BELIEFS & CHANGE

## BELIEF & CHANGE AFFIRMATIONS

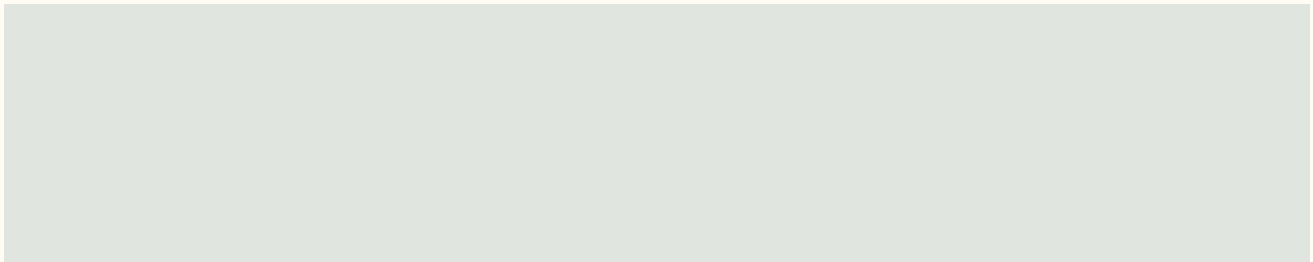
For the next week, I will provide myself the space and time to ask myself powerful questions about what I believe about myself and my life.

I will embrace the truth about what I am creating for myself and will take ownership of what I want to change going forward.

When my mind offers me any of the following thoughts, I will allow them to be there and question them instead of automatically believing them and giving up.

- I don't know if I'm doing this right
- This is too hard
- I don't have time for this
- This process isn't helpful
- Anything else that causes me to feel discomfort and quit

When my mind offers me any of these non-productive thoughts, I will remind it :  
*(provide a thought that would be helpful and move you forward into action.)*



# BELIEFS- Week 4

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What do I believe about my life?

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What do I believe about myself?

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Do I believe I am living the life I am meant to live?

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Yes

No

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What thoughts do I have about my answers?

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How do those thoughts make me feel?

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# CHANGE- Week 4

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What is the truth about where I am today?

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What do I most want to change in my life?

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On a scale of 1 to 10, how important is it for me to make these changes in my life?

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What has gotten in my way of making these changes already?

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# CHANGE- Week 4

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What am I willing to do differently to make these changes in my life?

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What aren't I willing to do differently to make these changes in my life?

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What will happen if I don't change? What will it cost me?

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What do I believe about my ability to make these changes?

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