A SHRINQ WORKSHEET

The Life Audit.

Twenty minutes, once a season. Rate each domain from 1 (running on fumes) to 10 (genuinely good), then answer two short questions per domain. The audit's only job is to find the one domain most worth your next month of attention.

Health and energy

Score 1-10: _____

What is working? / What is quietly draining me?

Sleep

Score 1-10: _____

What is working? / What is quietly draining me?

Work and craft

Score 1-10: _____

What is working? / What is quietly draining me?

Relationships

Score 1-10: _____

What is working? / What is quietly draining me?

Money

Score 1-10: _____

What is working? / What is quietly draining me?

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Attention and phone use

Score 1-10: _____

What is working? / What is quietly draining me?

Play and rest

Score 1-10: _____

What is working? / What is quietly draining me?

Meaning and direction

Score 1-10: _____

What is working? / What is quietly draining me?

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The verdict

The domain with the lowest honest score:

The domain where a small change would help the most (often not the same one):

The one domain I choose for the next 30 days, and why:

The single, small, repeatable action I will take there:

Resist the urge to fix everything at once. Eight mediocre efforts lose to one honest one, every time.

BEFORE YOU USE THIS

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