

# The Self-Doubt Companion

Life Audit



*DARRENDANKS*



## Life Audit

So what do I mean when I talk about a life audit? The idea of this is to look back at your past to recognise the successes you've had. Many times we've achieved things and neglected to give them the recognition they deserve. Not only that but those successes can prove to you how powerful, skilled and confident you can be.

I used to be British archery champion and I held 9 national records. Both are great achievements but it wasn't until 2-3 years ago that I realised just how significant they were. I had the mindset of a champion yet 3 years ago there would be no way you would have thought I'd done it, I doubted myself so much!

This document isn't about me though, this is all about you! Go through this, relax (helps thoughts to flow) and think about all those times you achieved something you initially thought was hard, difficult or impossible.

When you've written your list, read through it, see all of those times when you not only attempted something you thought was difficult, but you went out there and actually did it!

It's time to celebrate your successes and achievements, and give them the recognition and significance they deserve!

**“You doubt your value, don't run from who you are”  
- Aslan**





## Life Audit

What I would like you to do is use these prompts and examples to remember your own successes and achievements. I find it useful to relax during this process because it helps the thoughts to flow easier.

### Education

Have you passed exams at school, college or university that you worried about, stressed about and didn't think you had a chance in hell of passing?

What were they?

Have you taken classes or courses as an adult and completed/ passed them to help you move forward in life?

For instance, I invested in a year-long course to become a certified Health Coach.

What are the classes and what worried did you overcome to pass them?



### Sports

Have you achieved anything in sports? It doesn't matter if it was while at school, college, university or later in life.

For instance, I worked hard and become British archery champion and holder of 9 national records. I needed a strong mindset and a lot of dedication to achieve that.

So how about you? Have you achieved something in sport that you're proud of and where you needed strength (mental or physical) and determination?



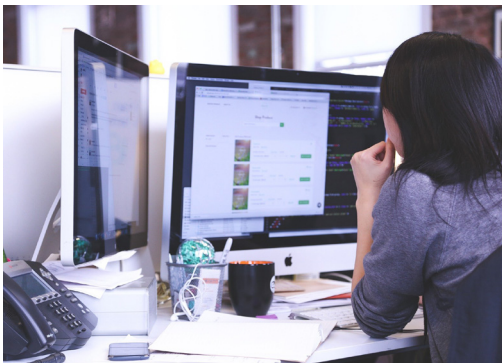


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### Hobbies

This can be anything from joining a knitting group to running a community support group. It doesn't matter what it is, to achieve things within it you need determination, perseverance and mental strength.

What have you achieved?



### Career

What have you achieved within your career/job? Promotion? Helping to improve production/efficiency etc? Got the job you never thought you would get?

There are many aspects of your career where the opportunities to excel and achieve are many. Think back, what have you done that at the time made you think "Wow!"?

### Life and Family

This can be a big one! Firstly, if you've raised a family that's a HUGE achievement full of ups, downs and struggles. Each one of those you're overcome!

Have you done something in your life where friends have said "Wow that's amazing!"? How about specific aspects of raising a family?

There are MANY things connected with family and life where you may think it's normal but if you stepped out of your own head and looked at it with stranger's eyes you would think it's an incredible achievement.

Let your mind drift from experience to experience and enjoy seeing yourself succeeding!





## How to get in touch with me

You can find out more about me, how you can work with me or just contact me to say hi at my website:

<https://www.darrendanks.com>

My Facebook page is at:

<https://www.facebook.com/thedazdanks>

And on all other social media @thedazdanks

## Work with me

Enjoyed this free resource? Want to go deeper? Of course you do!

I have a few ways you can work with me directly or indirectly.

First up is my Live Video Confidence Course for those of you who struggle with going live. I cover the mindset involved, how to plan your videos and content as well as covering the tech side of things.

Head on over to my website to get your lifetime access to the course...

<https://www.darrendanks.com/product/live-video-confidence-course/>

I also have my DD Power Hour XL coaching call. 90-minutes just for YOU where we focus on 1-2 blocks that are holding you back so you can move forward in life/business.

Book you call with me here...

<https://www.darrendanks.com/dd-power-hour-xl>

Let's jump on a call to figure out the best way we can work together!

Book a call here:

<https://calendly.com/ddanks/dddiscovery>