

## The Life Audit

This Life Audit helps you to look back into your life and remember as many achievements as possible. The result shows you not just what you've achieved but also what you're capable of when you focus your time and energy. I'm sure you're going to be pleasantly surprised!

Please don't rush this. What usually happens is one memory triggers another and another. Rushing this process can stifle the flow of thoughts.

My advice is you relax, find somewhere you won't be disturbed and slowly work through the questions. Get a notebook with plenty of space to write your thoughts.

### **1. The obvious ones**

Can you write down your obvious achievements that come to mind immediately?

Examples are: awards, prizes, celebrations etc.

### **2. Time to go deeper**

Relax your body and mind and then focus on the following areas of your life in turn, write down any achievements that come to mind.

- Sports
- Academic / Educational
- Career
- Life / Family
- Social / Fun
- Helping others

### **3. The domino effect - going even deeper**

Now that you've gone through the list in question 2, look through your answers and think about each one. Do any of them trigger your thoughts so you can recall more achievements?

As an example, I remembered I won the British archery championship which then triggered the memory of how I held 9 national records which triggered the memory of how I was a certified archery coach etc etc etc. Get the idea?