

the season of you current reality audit

Most people skip this step. They set goals based on who they wish they were, not who they actually are right now. That's why the plan collapses by Thursday. The audit fixes that.

Instructions: Before you decide where you are going, you must be brutally honest about where you are. Do not write down the sanitized version of your life. Write down the real one. This audit is designed to uncover the invisible friction that is draining your energy.

Part 1: The Energy Drains

List the top three things in your life right now that consistently drain your energy. These can be physical environments, specific tasks, recurring arguments, or habits.

Drain #1: Why does this drain me?

Drain #2: Why does this drain me?

Drain #3: Why does this drain me?

Part 2: The Five Life Domains Assessment

Rate your current satisfaction in each of the five core life domains on a scale of 1 (drowning) to 10 (thriving). Then, write one sentence explaining why you gave it that score.

Body: Health, Movement, Fuel, Rest

Mind: Learning, mental clarity, focus, creativity

Soul: Joy, peace, spiritual connection, hobbies

Work: Career, business, financial stability, contribution

Relationships: Partner, family, friends, community

Part 3: The Decision

Look at the domains where you scored the lowest. If you could only focus on improving one of these domains for the next 90 days, while the others hold steady, which one would have the biggest impact on your overall life?

The domain I need to Anchor this season in is

This domain will become the foundation of your 90-day season.