



Soul Unleashed (R)  
L I F E A U D I T J O U R N A L

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# Welcome

We are thrilled to have you join us on this transformative journey. In this masterclass, we will embark on an awakening and exploration of self-discovery and personal growth. Our aim is to uncover the hidden facets of our lives and gain a deeper understanding of ourselves.

Now, you might be wondering, what exactly is a life audit? Think of it as a comprehensive examination of your life, similar to a financial audit, but instead of numbers, we'll be delving into the various aspects that shape who you are and the life you lead.

By immersing yourself in the transformative journey of our signature Life Audit Masterclass, you will embark on a profound exploration of your true self. Get ready to uncover the hidden gems that lie within and embrace a life of authenticity and purpose.

If you commit to this process, you will:

- Empower yourself with valuable insights by evaluating different aspects of your life, such as relationships, career, health, and personal growth, allowing you to identify areas that may need attention or changes for greater fulfilment
- Elicit a deeper understanding of your values, strengths, and passions, helping you align your life with what truly matters to you.
- Learn practical tools and techniques to help you maintain a balanced and purpose-driven life.
- Have the opportunity to connect with a diverse group of individuals who share similar aspirations for personal growth. This community will provide encouragement, support, and a platform for insightful discussions and shared experiences.

Let the wisdom gained guide you towards a life filled with clarity, balance, and fulfilment. Welcome to this enriching journey of empowerment & transformation!

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# Intentions

Before we get going, I want you to connect in with yourself and what encouraged you to take part.

So first things first, what led you to signing up to this masterclass?

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What do you want to get out of taking part?

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What makes you know now is the time for change?

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# Step 1: Soul Reflections

The first step to creating the life you desire is to get crystal clear on where you are right now in each of your key life areas.

Here is a brief explanation for each of the key life areas we are going to focus on during this masterclass:

**Physical & Mental Health & Wellbeing:** This category focuses on evaluating and improving your overall physical health, fitness, mental wellness, self-care practices, and stress management to enhance your overall well-being.

**Purpose & Career:** This category involves exploring your passions, values, and long-term goals, assessing your career satisfaction, and aligning your work with your purpose to create a fulfilling and purpose-driven career path.

**Financial Life:** This category centres around evaluating your financial goals, budgeting, saving, investing, and managing debt to achieve financial stability, security, and ultimately, financial freedom.

**Love Relationships:** This category involves assessing the quality of your romantic relationships, communication, intimacy, and overall satisfaction to nurture and strengthen meaningful connections with your partner(s).

**Personal Environment:** This category focuses on evaluating the physical environment in which you live, considering aspects such as organization, cleanliness, comfort, and aesthetics, to create a space that promotes peace, tranquillity, and overall well-being.

**Friends & Family:** This category revolves around assessing the quality of your relationships with family members and close friends, communication, support, and fostering meaningful connections to create a strong support system and sense of belonging.

**Personal Growth, Development & Contribution:** This category centres around personal development, self-improvement, continuous learning, and making a positive impact on others through acts of kindness, mentorship, volunteering, and sharing your talents and strengths.

These categories provide a framework for evaluating and enhancing various aspects of your life. By conducting a life audit in each category, you can gain valuable insights, set meaningful goals, and make positive changes to live a more fulfilling and balanced life.

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Next, you will have the opportunity to connect with yourself and identify valuable insights about where you are right now and what you want to change.

**Top Tip:** Do not think too hard about the answers - please just go with the first number that speaks to you. Allow your unconscious mind to release your inner feelings.

In the following pages you will be asked to rate each of the life areas out of 10 in terms of how happy and satisfied you are and then be asked to connect with why you gave this score?

This will just be a snapshot of how you are feeling today. In some areas you will give a higher score (8 or above) which indicates that you are pretty content in this area of your life. If you score a life area below 8 it indicates there is some work to do to get you to where you want to be.

When assessing how happy and content you are in the life area think about:

- How happy are you when you think about this life area?
- What emotions come up when you think about this area of your life?
- How do you want to feel differently?
- What do you want to do differently?
- What's not happening in this life area that you desire?
- Imagine you had a magic wand that could change anything, what would you change if you could?











# Step 2: The Life Audit

This is an opportunity for you to embark on a deeper exploration of each of your life areas. In this process, I encourage you to select a specific life area that you wish to focus on, although you have the option to choose multiple areas if you desire. To prevent overwhelming yourself and falling into the trap of procrastination, I recommend taking it one step at a time.

Within the following pages, you will find a collection of 10 journal prompts corresponding to each of the life areas we have assessed thus far. Take a moment to gather your journal, along with your favourite refreshment, and allocate sufficient time to thoughtfully and honestly respond to each of these questions.

Remember, if you find yourself facing difficulties or in need of assistance, do not hesitate to reach out to the Facebook Group for support.

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# Health & Wellbeing

Here are 10 life audit questions about physical and mental health & wellbeing:

1. How would you rate your current level of physical fitness and overall health? Are you satisfied with it?
2. Do you have a regular exercise routine that includes both cardiovascular activities and strength training?
3. Are you mindful of your nutrition and do you make healthy food choices that nourish your body?
4. How well do you manage stress and take time for relaxation and self-care?
5. Are you getting sufficient quality sleep on a consistent basis?
6. Do you engage in activities that promote mental wellness, such as meditation, mindfulness, or hobbies that bring you joy?
7. How well do you manage your emotions and practice self-awareness and self-compassion?
8. Are you proactive in managing any existing health conditions or seeking necessary medical care?
9. Do you prioritise social connections and have a support system in place for your mental and emotional well-being?
10. Are you satisfied with your overall level of happiness and fulfilment in life?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to honestly consider these questions and use them as a starting point to prioritise and enhance your physical and mental health & wellbeing. If you have specific health concerns, it is always advisable to consult with a healthcare professional.

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# Purpose & Career

Here are 10 life audit questions about purpose and career:

1. Are you passionate about your current career or work? Does it align with your values and bring you a sense of fulfilment?
2. What are your long-term career goals and aspirations? Are you actively working towards them?
3. Do you feel a sense of purpose and meaning in your professional life? How does your work contribute to the greater good?
4. Are you utilizing your strengths and talents in your current career or work?
5. Do you feel challenged and engaged in your work, or do you find it monotonous and unfulfilling?
6. Are you satisfied with your work-life balance? Do you have enough time and energy for other areas of your life outside of work?
7. Have you considered exploring new career paths or making a transition to a different field that aligns better with your interests and passions?
8. Are you continuously learning and growing in your professional life? Do you seek opportunities for skill development and advancement?
9. How well does your current career align with your personal values, interests, and overall life goals?
10. Are you surrounded by a supportive and positive professional network? Do you have mentors or role models who inspire and guide you in your career journey?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to honestly consider these questions and use them as a starting point to evaluate and enhance your purpose and career path.

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# Financial Life

Here are 10 life audit questions about your financial life:

1. What are your short-term and long-term financial goals?
2. Are you satisfied with your current income and financial stability?
3. How effectively are you managing your expenses and saving for the future?
4. Are you making wise investment decisions that align with your financial goals?
5. What is your level of debt, and do you have a plan in place to pay it off?
6. Are you adequately insured to protect yourself and your loved ones in case of unexpected events?
7. How well do you understand your spending habits and patterns? Are there areas where you could cut back and save more?
8. Do you have a budget in place, and are you consistently tracking your expenses?
9. Are you satisfied with your current financial knowledge and literacy? Do you feel confident making financial decisions?
10. Have you considered seeking professional advice or assistance to optimise your financial situation?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to carefully consider these questions and use them as a starting point to improve and enhance your financial well-being.

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# Love Relationships

Here are 10 life audit questions about love relationships:

1. How satisfied are you with your current love relationship(s)?
2. What are your relationship goals and expectations for a romantic partnership?
3. Are you effectively communicating and expressing your needs and desires within your relationships?
4. How do you handle conflict and disagreements in your relationships?
5. Are you receiving the love and support you desire from your partner(s)?
6. Do you feel emotionally fulfilled and supported in your relationships?
7. Are you practicing healthy boundaries and maintaining a balance between individuality and togetherness in your relationships?
8. Are you investing time and effort into nurturing and strengthening your relationships?
9. Do you feel valued and appreciated by your partner(s)?
10. Have you assessed whether your current relationships align with your long-term values and goals?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to honestly consider these questions and use them as a starting point to enhance and improve your love relationships.

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# Environment

Here are 10 life audit questions about one's personal environment:

1. How would you describe the overall atmosphere and energy in your living space?
2. Is your living environment organised and clutter-free, or do you feel overwhelmed by mess and disarray?
3. Does your physical environment reflect your personal style and bring you a sense of comfort and joy?
4. Are you surrounded by items and possessions that hold meaning and value to you?
5. How well does your living space support your daily activities and routines?
6. Are you satisfied with the level of cleanliness and maintenance in your personal environment?
7. Does your personal environment foster a sense of tranquillity and relaxation, or do you feel constantly stressed and anxious within it?
8. Are there any specific areas or aspects of your personal environment that you would like to improve or change?
9. How does your personal environment contribute to your overall well-being and quality of life?
10. Are you mindful of creating a space that promotes your physical, mental, and emotional health?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to honestly consider these questions and use them as a starting point to enhance and optimize your personal environment for a more positive and supportive lifestyle.

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# Family & Friends

Here are 10 life audit journal questions on the topic of Family & Friends:

1. How would you describe the overall quality of your relationships with family members and close friends?
2. Are you satisfied with the level of communication and connection you have with your loved ones?
3. Who are the most important people in your life, and how do they contribute to your happiness and well-being?
4. Are there any strained or unresolved relationships within your family or friend circle that require attention or healing?
5. How do you show love, support, and appreciation to your family and friends, and how can you strengthen those bonds further?
6. Do you have a healthy balance between spending time with loved ones and nurturing your own personal needs and goals?
7. Are there any toxic or negative relationships in your life that may be impacting your overall well-being? How can you address or mitigate those challenges?
8. What efforts do you make to create and maintain meaningful connections with your family and friends?
9. How do you contribute to the growth and happiness of your loved ones, and how can you enhance your role in their lives?
10. Have you taken the time to express gratitude and show appreciation for the important people in your life?

These journal questions are designed to help you reflect on and evaluate your relationships with family and friends. Use them as a starting point for self-discovery, personal growth, and strengthening the connections that matter most to you.

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# Personal Development & Growth

Here are 10 life audit questions about personal development, growth, and contribution:

1. How committed are you to your personal growth and development journey?  
Are you actively seeking opportunities for self-improvement?
2. Are you setting clear and meaningful goals that align with your personal values and aspirations?
3. How do you prioritise continuous learning and acquiring new knowledge and skills?
4. Are you stepping out of your comfort zone and embracing challenges that promote personal growth?
5. Are you investing time in self-reflection and self-awareness to understand your strengths, weaknesses, and areas for improvement?
6. How are you contributing to the betterment of your community and society at large?
7. Are you utilising your talents and strengths to make a positive impact on others?
8. How well do you balance personal growth with supporting the growth and development of others?
9. Are you actively seeking opportunities to help others, whether through mentorship, volunteering, or acts of kindness?
10. Are you satisfied with the level of meaning and fulfilment in your life, and how can you further contribute to a higher purpose?

Remember, a life audit is an opportunity for self-reflection and assessment. Take your time to honestly consider these questions and use them as a starting point to prioritise personal development, growth, and contribution in your life.

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# Part 3: The Successful Reframe

Now I'd like you take the list of all the things you do not want and positively reframe them. This means changing your original negative statement into a positive statement to state what you want to move towards instead. This will help you understand what you want to work towards.

For example:

Old statements:

I don't want to feel stressed

I don't want to be poor

I don't want to be fat

I don't want to feel unworthy

New Statements:

I want to feel calm and relaxed

I want to be wealthy

I want to be fit and healthy

I want to feel good enough

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The reason this exercise is important is because we know from NLP that our thoughts create our feelings. Our feelings create our behaviours and our behaviours create our results.

It also teaches us that our mind can't process a negative. So if I said to you don't think of a pink rose quartz crystal - your mind will seek evidence and create a visual representation of the pink crystal.

In the same way, if I tell myself I don't to feel stressed, my mind has to create a representation of feeling stressed which then effects my behaviours and results. So start becoming aware of your negative thoughts and reframe so they support you.



# Print out

Use the templates below to showcase your new affirmations. Print and cut them out and put them somewhere you will see them every morning and before you go to bed. I have mine on my bathroom mirror or you could put them on your fridge?

Four horizontal white lines for writing affirmations.

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Four horizontal white lines for writing affirmations.

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# Exercise 4 - Growth Work

I would just like to take a moment to recognise where you started at the beginning of this masterclass and how far you have already come in getting clear on how you want to build your dream life. Clarity is critical for success.

Now the next step in this adventure is your Dream Big Life Plan vision board. A vision board, put simply is an inspirational collage of images and quotes to motivate you towards your dream life. It is something that constantly evolves as you achieve past goals and create new ones to push you forward. It really is one of my favourite exercises!

What you will need:

- Piece of A3 card or pin board
- Scissors
- Glue / pins
- Magazines / newspapers / print outs
- Photo of you looking happy and confident (optional)
- Printer (Optional)

Creating your vision board:

1. Book in time for you to really focus and enjoy this exercise
2. Gather all of your supplies
3. Take a moment to think about the goals you have for each of the key life areas.
4. Next cut out as many images, quotes, affirmations that represent them.
5. Get your A3 piece of card or pin board and start to create a beautiful and inspiring collage
6. Place the picture of you looking radiant - either alone or with loved ones who will positively be effected if you achieve your goals)
7. Place your vision board somewhere you can see it easily and take a minute every day to connect with your big goals

Once you have finished I would love to ask to you take a photo of your completed board and share it on Facebook or Instagram and tag @soulunleashedcollective

Not only will this be another action showing your commitment to achieving your goals but you will also help to encourage and motivate others to take action!

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# Exercise 5 - Reflection

Reflection is a really important part of the personal development process. I highly recommend you journal for at least 10 minutes a day either as part of your morning or evening routine.

Don't worry about keeping it neat and tidy or worry if it makes sense. This is about downloading your thoughts and feelings to help you get the awareness you need to make the changes you desire! Here are some prompts to help you get started:

What was the biggest take away from completing this soul work? What did you learn about your life or yourself you hadn't thought about?

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Who will else will benefit from these changes?

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# UNLEASH YOUR POTENTIAL WITH OUR EXCLUSIVE EARLY BIRD OFFERS!

Are you ready to embrace change and unlock your true potential? Look no further! We have two extraordinary offers designed just for you.

## Offer 1: The New Moon Intentions Workshop

Date: Monday, 17th July 2023  
Time: 7pm - 8pm BST  
Cost: £11:11 (instead of £97 if purchased before **30th June 2023**)  
Link

Join us in harnessing the power of the New Moon to supercharge your journey. In this captivating group session, we will guide you through a transformative process to create a crystal-clear action plan for the upcoming Luna Cycle.

Experience the invaluable support of a like-minded community of women who are dedicated to empowering each other and achieving their dreams. Together, we will become the best versions of ourselves and manifest the lives we truly deserve.

To reserve your spot, visit [www.soulunleashed.co.uk/newmoonworkshop](http://www.soulunleashed.co.uk/newmoonworkshop). Don't forget to use the discount code **MyTime** to secure the special discounted rate.

## Offer 2: Soul Alignment Sessions - Exclusive and Limited!

For those seeking a more personalized experience, we are delighted to offer a limited number of 1:1 Soul Alignment Sessions at an incredible discounted rate of £111 (originally £222) taking place throughout the months of **June & July**.

Discover absolute clarity and design a powerful action plan to propel yourself forward in life. Choose between a Soul Alignment Life Coaching session or a Soul Unleashed Belief Coding Facilitation to suit your individual needs. To learn more about Belief Coding, visit [www.soulunleashed.co.uk/whatisbeliefcoding](http://www.soulunleashed.co.uk/whatisbeliefcoding)

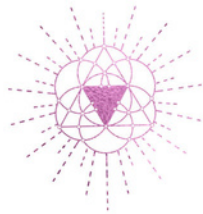
This offer is reserved for true action takers—women who are prepared to take charge of their lives and embark on a transformative journey towards their best selves. Are you ready to step into your greatness?

Visit: [visit www.soulunleashed.co.uk/book](http://www.soulunleashed.co.uk/book) and use the code **ActionTaker** at checkout to secure your spot and book your life-changing session today.

Embrace the opportunities that await and unleash your limitless potential. Act now and embark on a journey of personal growth and empowerment!

Lastly, if you would like a free 15 minute Discovery call to ask questions or learn more about our services simply visit [www.soulunleashed.co.uk/book](http://www.soulunleashed.co.uk/book)

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