
LIFE INVENTORY AUDIT

The Self-Snapshot

A short, structured worksheet to help you see where things actually stand. Not a test. Not a plan. Just a quiet way to notice what you might be too close to see.

Estimated time: 15 minutes

What you need: honesty, a pen, and a quiet moment

What this is not: advice, diagnosis, or a score

Orientation, not direction.

How this works

This worksheet covers six areas of your life. For each one, you will answer a short prompt and rate how things feel right now on a scale of 1 to 10.

There are no right answers. A low number is not a failure. A high number is not a pass. The purpose is simply to create a snapshot — a still image of where things are, taken from enough distance to see the whole picture.

Some prompts will be easy. Some might make you pause. That pause is information.

The confusion is rarely about lacking information. It is about everything feeling equally urgent.

This snapshot helps you separate what actually matters from what is just loud. It does this through reduction: fewer things to look at, with more clarity on each.

THREE GROUND RULES

- 1. Be honest, not aspirational.** Write what is true, not what you wish were true or what you think should be true.
- 2. Write fast.** Do not overthink. The first answer is usually the real one.
- 3. Skip what you need to skip.** If a prompt does not apply or you are not ready to answer it, leave it blank. Gaps are information too.

DOMAIN 01

Work

1.1 Current state

In a few words, what does your work situation actually look like right now?

Not your title. The reality — stability, satisfaction, what it costs you.

1.2 Alignment

How aligned does your current work feel with how you want to spend your time?

1	2	3	4	5	6	7	8	9	10
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Completely misaligned Exactly right

1.3 Trajectory

If nothing changed about your work for the next 3 years, how would that feel?

DOMAIN 02

Energy

2.1 Capacity

How often do you feel like you have enough energy and bandwidth for what is being asked of you?

1	2	3	4	5	6	7	8	9	10
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Almost never Almost always

2.2 Drains

What are the top 3 things draining your energy the most right now?

2.3 Deferred

Is there anything important you have been putting off because you do not have the bandwidth?

DOMAIN 03

People

3.1 Support

How supported do you feel by the people closest to you right now?

1	2	3	4	5	6	7	8	9	10
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Not at all

Deeply supported

3.2 Strain

Are there any relationships that feel strained, unresolved, or like they are costing you something?

3.3 Weight

Is there anyone you feel responsible for — emotionally, financially, or practically — in a way that weighs on you?

DOMAIN 04

Money

4.1 Mental space

How much does money occupy your thinking right now?

1	2	3	4	5	6	7	8	9	10
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Barely think about it

Dominates my thinking

4.2 Reality

In practical terms, how stable is your financial situation? Are things improving, holding, or declining?

DOMAIN 05

Health

5.1 Sleep

How well are you sleeping?

1	2	3	4	5	6	7	8	9	10
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Very poorly

Consistently well

5.2 Avoidance

Is there anything about your health — physical or mental — that you are currently ignoring or managing poorly?

DOMAIN 06

Direction

6.1 Clarity

How clear are you about what you actually want from the next year of your life?

1	2	3	4	5	6	7	8	9	10
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No idea

Extremely clear

6.2 Tension

Is there something you want but have not admitted — to yourself or to others?

This is private. If there is something, name it.

6.3 Overwhelm

If you could remove one thing from your life tomorrow — no consequences — what would it be?

STEP 2

The Overview

Now look back at what you wrote. Not to judge it — just to notice. Read through your answers once, then respond to these three prompts.

A Patterns

What themes or feelings showed up in more than one domain?

Look for repetition: the same strain, the same avoidance, the same unnamed thing.

B Pressure

Where is most of the pressure actually coming from? (This might be different from where you expected.)

C What matters now

If you could only give your attention to one or two things for the next 30 days, what would they be?

Not the most urgent. Not the loudest. The ones that actually matter.

The value of this exercise is reduction. Not more things to do — fewer things to look at, with more clarity on each.

What you just did was a snapshot.

You noticed patterns. You named pressure. You separated what matters from what is just loud.

If you want to go deeper — a comprehensive, private written assessment that maps your entire situation with the same clarity but far more depth — the Life Inventory Audit exists for that.

A structured intake. A produced written document. Delivered within 7 days.
No calls. No coaching. No advice. No follow-up required.

lifeinventoryaudit.com

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