

focus and clarity

single intensive session

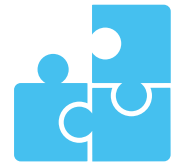
The 'your you-niverse' audit
is a discovery audit and analysis designed to



'find where
you're at exactly'



'where you ideally
want to be'



what is the gap
physically, emotionally
and mentally



When you know where you are, you have at least a reference point to navigate to where you want to go. Then, get some clarity on what is currently creating your outcomes and maybe causing blocks for you. Then ask yourself what do you need to do in order to manifest the things in your life that matter to you?



TIME ALLOWED FOR THIS EXERCISE

1 - 2 hours



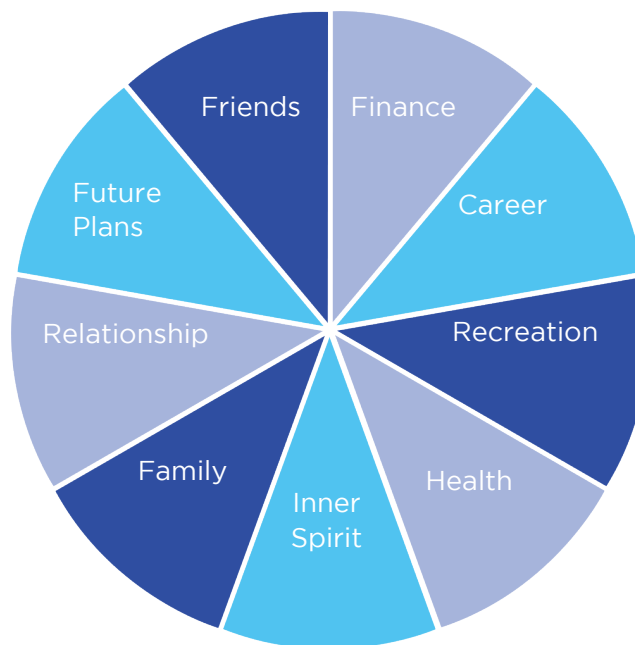
Let's get a snap shot of your you-niverse
This is a high level aerial view of the landscape of your world
Just to get the ball rolling. Don't be too concerned about over
thinking things at this stage. Just be as honest as you can at the
moment



1. Wheel of Life

Score each section out of 10

- 10 Very happy with that part of your world
- 1 Very dissatisfied with that part of your world



eg.

Finances are not great, I rate them a 5/10.

This will provide some guidance for the goal setting module.

Once you have scored each section, write down what you would ideally like your score to be.. eg. 9/10

Next: write out a sentence that describes what your life would be like when your finances are at 9/10.

Example: I am confident and rich and I am now earning \$250k per year doing what I am good at and what I love.

Repeat this process for each section of the wheel of life.

FINANCE

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my finances currently

Write out the sentence that describes my ideal financial situation

CAREER

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my career, currently

Write out the sentence that describes my ideal career

RECREATION HOBBIES

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my hobbies and recreational life currently

Write out the sentence that describes my ideal recreational and hobby time

HEALTH (fitness, exercise, diet & nutritional, rest etc)

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my level of health currently

Write out the sentence that describes my ideal relationship with my health

INNER SPIRIT (connection to self/heart/soul)

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my connection with inner spirit currently

Write out the sentence that describes my ideal relationship with my inner spirit/soul/heart

FAMILY

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my family relationships currently

Write out the sentence that describes my ideal family relationships

RELATIONSHIP (marriage/defacto)

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my relationship currently

Write out the sentence that describes my ideal relationship

FUTURE PLANS

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my future plans currently

Write out the sentence that describes my ideal future plans

FRIENDS

My current score _____

My desired score _____

How much do I want to raise the number by? _____

Write out the sentence that describes my relationships with friends currently

Write out the sentence that describes my ideal relationships with friends

OTHER

Nice work, it can seem like a big task if you 're not used to answering these types of questions.

By now you should have a sense of the direction you would like certain aspects of your world to be heading.

Are you ready for exercise 2 ?

Click on the "Your Focus Creates Your Reality" link and keep going if you are on a roll. Or make a time in your diary now to ensure that you come back soon and continue on. Momentum is your friend.