

Simple & Fabulous

— NO PERFECTION JUST PROGRESS. —

THE LIFE AUDIT *Workbook*

FOR WOMEN

RECONNECT. REFOCUS. REALIGN.

A powerful step-by-step workbook to help you evaluate every area of your life, gain clarity, and create a plan for the life you truly want.



EVALUATE

8 key areas of your life



GAIN CLARITY

Identify what matters most



SET INTENTIONS

Choose your focus areas



CREATE A PLAN

Action steps for real change



TRACK PROGRESS

Build momentum every day



The Life Audit Workbook for Women

Reconnect. Refocus. Realign.

Fit Firm & Fabulous

No Perfection. Just Progress.

It's Time to Check In With Yourself

Life moves quickly.

Between responsibilities, family, work, relationships, finances, health goals, and the endless demands of everyday life, many women spend years taking care of everyone else while putting themselves at the bottom of the list.

This workbook was created to help you pause.

To reflect.

To evaluate.

To identify where you are thriving and where you may need more support.

This is not about judgment.

This is not about perfection.

This is about awareness.

Because awareness creates change.

And change begins with one honest conversation—with yourself.

Instructions

How to Use This Workbook

For each area of your life:

- Answer the questions honestly.
- Rate yourself from 1–10.
- Reflect on what is working.
- Identify what needs attention.
- Focus on progress rather than perfection.

Rating Scale

1–3 = Significant Attention Needed

4–6 = Room for Improvement

7–8 = Doing Well

9–10 = Thriving

Remember:

The goal is not to score perfectly. The goal is to gain clarity.

Physical Health Assessment

Physical Health & Energy

Score:

Reflection Questions

- Do I have consistent energy?
- Am I sleeping well?
- Do I move my body regularly?
- Do I feel physically strong?
- Do I make my health a priority?
- Do I feel confident in my body?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

Mental & Emotional Well-Being

Score:

Reflection Questions

- How often do I feel stressed?
- Do I create time for rest?
- Do I manage my emotions well?
- Do I feel emotionally resilient?
- Do I practice self-compassion?
- Do I feel overwhelmed often?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

Nutrition & Daily Habits

Score:

Reflection Questions

- Do my eating habits support my goals?
- Am I nourishing my body consistently?
- Do I drink enough water?
- Do I rely on convenience foods too often?
- Do I feel energized after meals?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

Relationships & Connection

Score:

Reflection Questions

- Do I feel supported?
- Do I communicate honestly?
- Do I maintain healthy boundaries?
- Do my relationships bring peace or stress?
- Do I make time for meaningful connection?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

Financial Wellness

Score:

Reflection Questions

- Do I feel in control of my money?
- Do I have a spending plan?
- Am I saving consistently?
- Do I know my financial goals?
- Does money create stress in my life?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

Career & Purpose

Score:

Reflection Questions

- Do I enjoy what I do?
- Do I feel challenged in positive ways?
- Am I learning and growing?
- Do I feel fulfilled by my work?
- Does my work align with my values?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

One Change I Can Make This Week

Happiness Audit

Score:

Reflection Questions

- Do I experience joy regularly?
- Do I laugh often?
- Do I make time for things I enjoy?
- Do I feel grateful?
- Do I enjoy my everyday life?

What is Working?

What Needs Improvement?

One Change I Can Make This Week

The Wheel of Life Exercise

Transfer your scores from each category into the wheel below.

Categories:

- Physical Health
- Emotional Wellness
- Nutrition
- Relationships
- Financial Wellness
- Career & Purpose
- Personal Growth

Reflection

Where do you see balance? Where do you see gaps? What surprises you?

Choose the three areas of your life that would create the biggest positive impact if improved.

Focus Area #1

Current Score: Desired Score: Action Step:

Focus Area #2

Current Score: Desired Score: Action Step:

Focus Area #3

Current Score: Desired Score: Action Step:

Meet Your Future Self

Imagine yourself one year from today.

You have followed through.

You have stayed committed.

You have continued making progress.

Answer These Questions

How do you feel?

What habits do you practice?

What are you proud of?

What advice would your future self give you today?

Small Steps Create Big Change

Choose one action from each area:

Health

Relationships

Finances

Personal Growth

Happiness

Commitment Statement

I commit to focusing on progress, not perfection, for the next 30 days.

Signature:

Date:

Reflect & Grow

1. What am I most proud of right now?
 2. What area of my life deserves more attention?
 3. What am I avoiding?
 4. What would I attempt if I trusted myself more?
 5. What would make the next year meaningful?
 6. What habits no longer serve me?
 7. What am I ready to let go of?
 8. What am I ready to embrace?
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9. What does success mean to me?
 10. What would my ideal day look like?

Your Next Chapter Starts Today

You do not need a perfect plan.

You do not need perfect timing.

You do not need to have everything figured out.

You simply need to take the next step.

Every healthy habit.

Every positive choice.

Every difficult conversation.

Every small improvement.

Every act of courage.

It all counts.

Progress creates momentum.

Momentum creates transformation.

Transformation creates the life you want.

Remember:

No Perfection. Just Progress.

Thank you for taking the time to invest in yourself. Your next chapter starts now.

Fit Firm & Fabulous

www.fitfirmandfabulous.com