

# HEADSTRONG MINDSET COACHING

*LIFE AUDIT by Soph Borland*

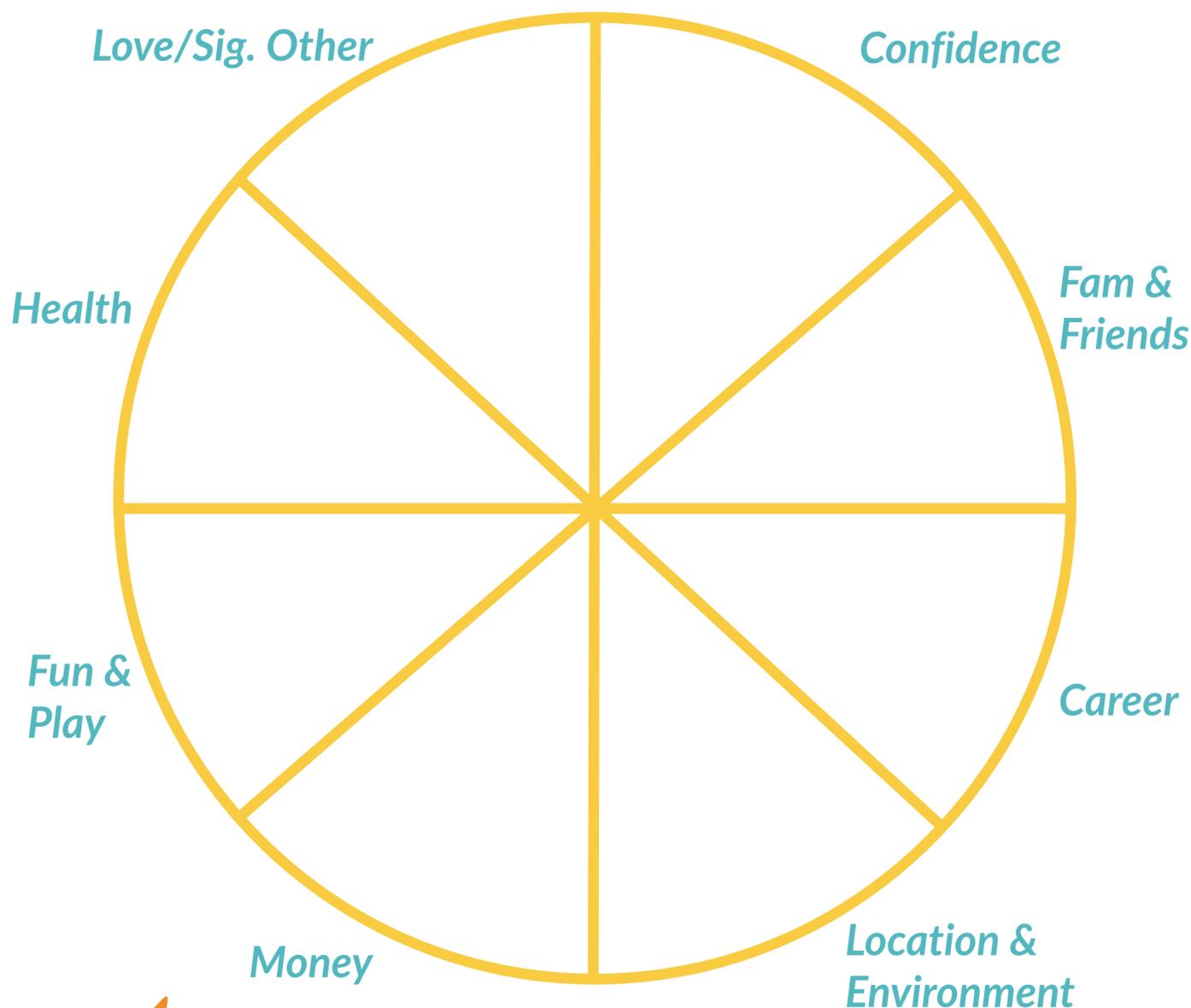
Hey team, Soph here!

This exercise is something I like to call a "Life Audit" - a process that helps to take a 360 degree birds-eye view of your current life, assess what's up and move towards whatever you want that's better. I'm sure we both know what it's like to want more from life but have no idea on how to get there. All we're doing here is:

- > Gaining clarity on where exactly you want things to be different
- > Setting an intention (and identity shift!) for change
- > Outlining an action to take in getting there
- > Setting ourselves up with accountability to follow through

Give each area a rating out of 10 as to how satisfied you currently are. This isn't a time to beat yourself up - instead we are just taking a really HONEST look at where you're currently sitting.

One rule: try not to put 7 for any of your answers (7 is an easy escape from really seeing how happy/unhappy you are in your current situation). You can colour in how much or write a number.



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Now for each area of your life note down the following:

> What feels aligned, what you're loving, what is going well or working

> What's not working, what makes you feel less than 10/10 or not really your best self

*Love/  
Sig. Other*

*Health*

*Fun & Play*

*Money*

*Confidence*

*Fam & Friends*

*Career*

*Location &  
Environment*

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Pick the three areas you'd most like to transform and work through the following questions.

**CHALLENGE:** pick AT LEAST one stretch, AKA an area that you will bring you the most growth and the biggest transformation. They are often the areas that we are resisting most! Resistance is that feeling in our body when we really don't want to do something, evolving from the cave men days when we avoided things to keep us safe. We no longer face the same physical harm risks but we do still feel resistance when our social or psychological safety is at risk - i.e. when we may be judged or hurt or feel inferior. The more resistance = the more important the task.

## AREA:

- > What's your intention for this area? (Start with "I am..." - shift your identity, e.g. I am not a smoker)
- > What ONE action will you take to get closer to feeling 10/10 in this area? And by when?
- > Who is your action accountability buddy? (Someone who will follow up to keep you on track)

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## KEY TIPS FOR TAKING ACTION (AND GETTING EXACTLY WHAT YOU WANT!):

> Having trouble getting started?

Starting is always the hardest part. Begin with just 5 minutes of work towards your goal. Taking even the smallest action to get off that start line gives us momentum to keep moving forward. After doing that, what's your next 5 minute block?

> What's the best way to beat procrastination?

As a serial procrastinator my best tip is to create a "power hour" each day. Set aside one hour at night or in the morning where you do only specifically productive activities - everything you've been meaning to do! You can vary what you do so long as you are ticking off your mental to-do list.

> Why are you making it harder for yourself?

We tend to make things hard or feel as though they must be difficult in order to be great - not always the case! What would your process look like if it were easy? Would you find the time you are most productive? Sleep more? Ask for help or delegate? Do the biggest/worst/hardest parts first?

> BONUS... ENSURE YOU IMPLEMENT THE 'HOW'

How am I going to get more time in nature? How am I going to change who I spend time with? How can I make sure I get 8 hours sleep?

**Nothing changes if nothing changes. Do what you've always done = get what you've always got...**

## WANT MORE?



*As a mindset and life coach I specialise in helping people to gain confidence, create change and take action. Are you clear on what you want and how to get there?*

I work with people who:

- > Know they want more out of life but are unsure how to get there
- > Aren't confident enough to ask for what they want
- > Want to be more disciplined but revert back to bad habits with money, health, etc
- > Feel as though they're settling for their current life
- > Worry about not reaching their potential or getting to 80 and being full of regret
- > Over-analyse and get overwhelmed trying to do the "right" thing
- > Wonder how others can be so confident and free
- > Feel a little lost in general - as though they aren't living 100% authentically as their best self

**HEADSTRONG.**  
MINDSET COACHING

**SEND ME A MESSAGE IF YOU WANT TO KNOW MORE...**

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