



CONDUCT YOUR HONEST HALF-YEAR AUDIT

This sheet guides you through an honest audit of your last six months.

- 1 Draw a line down a page: left side for facts, right side for stories.
- 2 List what you did on the left, without adjectives.
- 3 Write the story you've been telling yourself on the right.
- 4 Compare the two columns to find your starting material.
- 5 Identify and cut any dead weight by asking if you'd start it today.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

☐

MON

☐

TUE

☐

WED

☐

THU

☐

FRI

☐

SAT

☐

SUN

What I noticed this week:

Audit the facts, retire the verdicts.