



START YOUR HONEST AUDIT

This sheet guides you through a simple monthly self-audit.

- 1** Set aside ten minutes at the end of each month.
- 2** Write down what the month taught you.
- 3** Note what the month built in your life.
- 4** Acknowledge what the month cost you.
- 5** Reflect on your notes to see your progress.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

A month that gets counted can't go missing.