

INTRODUCTION

It can be hard knowing where to start with major changes and improvements to life. There's so much to consider.

I want you to dream big. As you plan what's next in your life, I want you, first, to take a detailed look at different areas of your life where you may want to make changes, to enable you to play big and do the dream stuff.

It's by doing this work in detail that you'll get clarity on what needs to change in the various areas of your life. These areas include where you have issues or would like to focus, what your priorities are for moving forward, and specific next steps you'd like to take. It's useful to establish a baseline from which you can grow. That means getting the basics down, at least relatively well, so we have a good, clean baseline and not a lumpy, fractured one from which to start with the big stuff.

In this audit, you'll review seven life areas, and now's the time, if you haven't already, to get really honest with yourself about how your life is right now. For each of these areas, I'd like you to note down on a scale of one to ten, how comfortable you are with this area of your life. One is "not at all comfortable," five is "just okay," and ten is "extremely comfortable."

Consider the specific questions under each heading and then give yourself an overall score. Where you found this briefing paper, you'll also find a separate sheet to plug in more detailed answers.

Good luck!

Rachel x

FINANCIAL SECURITY

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- How well do you know your financial situation?
 - Do you have debt?
 - Do you have a pension and or savings?
 - Do you know if your pension will cover your needs in retirement/ later life?
 - Are you saving now for the future?
 - Do you have an emergency fund?
 - What can you do right now to feel more financially secure?
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CAREER/ WORK

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- Do you live to work or work to live?
- Do you have a feeling you should be doing something else/ more?
- Have you already identified a different dream job?
- Can you work out whether it's financially feasible to follow your dream?
- Could the dream initially be a side hustle?
- Can you think of one action step to improve your work life?

CARING & OTHER COMMITMENTS

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- What caring commitments do you have? Children/ parents/ other?
 - Are you able to prioritize yourself and your needs?
 - Is an (impending) empty nest causing concern?
 - Do you need/ can you access help with your caring commitments?
 - If you don't have kids, are you wondering what your role is now? Are you coping with the transition into life post menopause and how your peer group may be moving on to a new stage?
 - How can you prioritize yourself more if you have a lot of caring commitments?
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HEALTH & WELL-BEING

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- Are you generally in good health?
- Can you improve your general health?
- Do you have a good level of fitness?
- Do you prioritize movement and getting enough exercise?
- Do you maintain a good diet that works for the stage of life you are at now?
- Are your hormones sufficiently balanced, or do they cause you problems?
- Are you focusing on all this now, having read Chapters 5-8?

RELATIONSHIPS

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- How good are your key relationships?
 - Does your primary relationship bring you joy?
 - Would you like a new primary relationship?
 - What can you do to improve and or maintain the quality of your relationships?
 - Do your long-term friendships still serve you?
 - Would you like to make new friends?
 - What's one thing you could easily do to improve your relationships?
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STYLE

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- Are you comfortable with your clothes, hair, and general sense of style?
- Have they changed over time or are you stuck in a rut?
- Does your style reflect who you are now or who you want to be?
- Have you succumbed to ageist stereotypes in terms of how you "should" look or dress now?
- What changes might you make to update your look?

FULFILLMENT, PURPOSE AND LEGACY

How comfortable are you with this area of your life on a scale of 1-10:
(1 - not at all comfortable, 5 - just OK, 10 - extremely comfortable)

1 2 3 4 5 6 7 8 9 10

Things to consider:

- Is there something you've always wanted to do but now fear it's too late?
 - What's your wildest dream?
 - Do you feel fulfilled and that life has a purpose?
 - How might you bring more of a sense of purpose into your life?
 - Have you considered what your obituary might say and are you happy with that?
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DECIDING ON PRIORITIES AND NEXT STEPS

Fill in your answers on the Midlife Audit Snapshot sheet also available at magnificentmidlife.com/bookresources.

Consider also the following questions for each section:

- What's good about this area of your life?
- What needs improvement in this area of your life?
- Do you need outside help to improve this area? What might that look like?
- Is this an area of focus for you, yes or no? If yes, do you need help, and what might that look like?

If you'd like help making these changes why not work with me?