



VILA分



# LIFE AUDIT

UNDERSTAND WHERE YOU CURRENTLY STAND.

| AREA                                                                                                       | REFLECTION                                                             | YOUR SCORE            |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------|
| 01    FINANCIAL STABILITY | Do you have an emergency fund of \$1000 to use if life went wrong?     | SCORE YOURSELF<br>/ 5 |
| 02    PHYSICAL HEALTH     | Do you move your body at least once a week to stay healthy and strong? | SCORE YOURSELF<br>/ 5 |
| 03    SOCIAL CONNECTION   | Do you genuinely have fun and socialize at least once a week?          | SCORE YOURSELF<br>/ 5 |
| 04    PURPOSE & GROWTH  | Do you have a goal you consistently work toward every week?            | SCORE YOURSELF<br>/ 5 |

YOUR TOTAL SCORE

/20

WHAT YOUR SCORE MEANS

0 – 5

Time to reset.  
Small steps  
create big change.

6 – 10

You're on your way.  
Keep building  
momentum.

11 – 15

You're doing great.  
Stay consistent  
and keep growing.

16 – 20

You're crushing it!  
Keep inspiring  
and helping others.