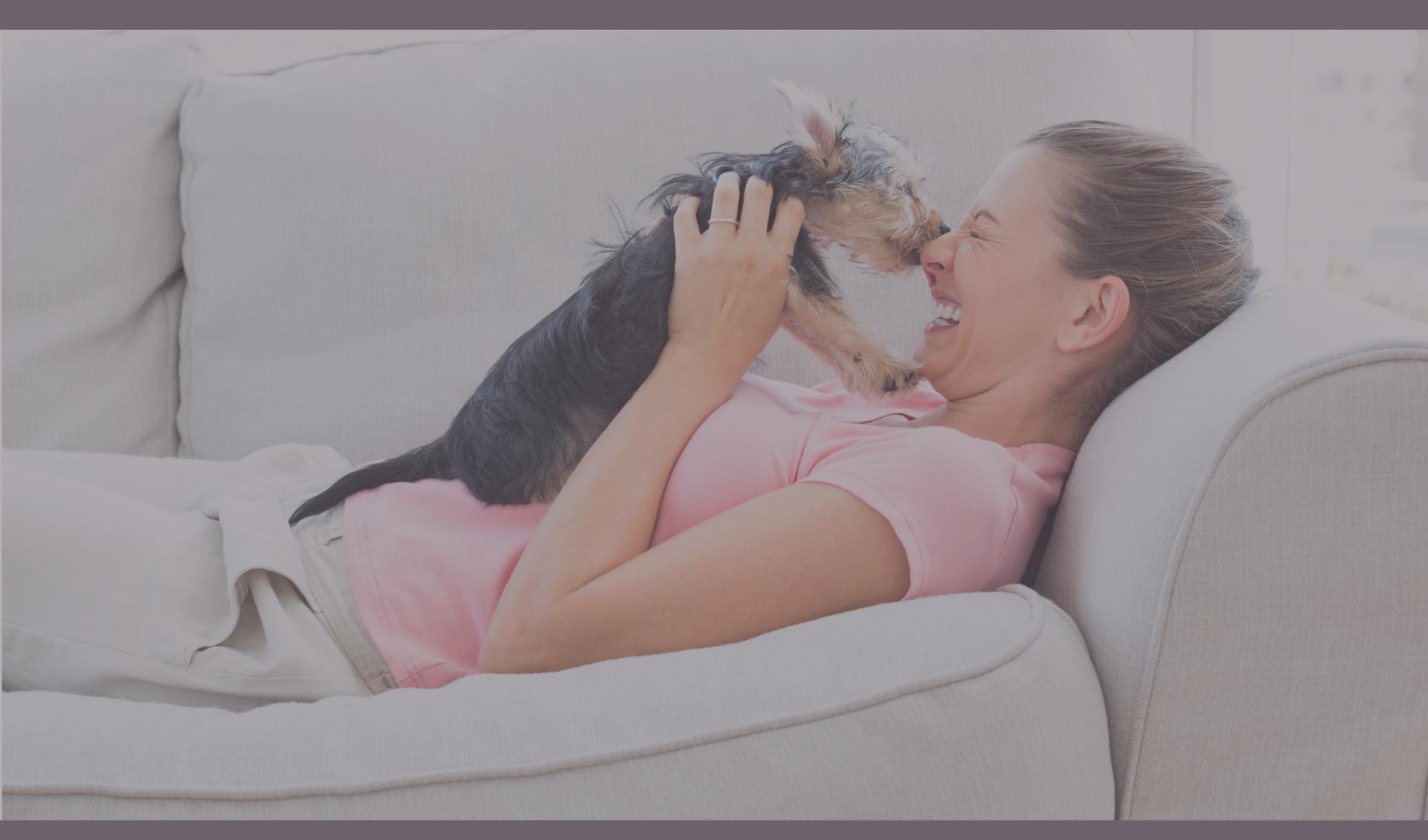


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WHERE ARE YOU NOW?

On the following pages you're going to find the Magic Audit Quiz – a tool that will help you get clear about the areas of your life where you may need to focus first to truly achieve freedom & fulfilment. This quiz is meant to be a barometer to help you identify your areas for growth, as well as the areas where you're probably already experiencing some freedom and fulfilment (which may be a good reminder to let yourself really acknowledge and enjoy it more!)

The purpose of this quiz is to set a benchmark – to help you create the real and specific change you'd like to make – and to recognize progress as you're making it – instead of constantly feeling stuck or 'not enough'.

If you're feeling brave, we'd love for you to share your score in the Facebook Group

There we can carry on the conversation there about where to start, what to try, recommendations for strategies, tools, resources, books and more!

QUIZ DIRECTIONS

- 1. For each question, if the answer is 'yes', give yourself one point. If it is no, zero points
- 2. After you've scored each category, make some notes on the right side of the page... what's jumping out at you? How are you feeling?
- 3. If your score is less than 17, circle THREE of the 20 in the list that you feel are the MOST URGENT for you to address FIRST
- 4. At the end you'll add up your scores to a total 'Magic Number'







1. HEALTH & WELLBEING

- L. When I wake in the morning I have a routine that centers me
- 2. On regular day-to-day basis, have no aches & pains in my body
- 3. I get 8 hrs of sleep most nights without waking in the middle
- 4. I have good, consistent energy throughout the day
- 5. I have a diet that is full of whole, healthful food, low in processed carbs and high in veggies and lean proteins
- 6. I don't rely on sugar, soda, coffee (I have it less than 3x a week)
- 7. I exercise 3-5 times a week and I look forward to it
- 8. My mind feels clear and I feel like it is easy to accomplish most tasks
- 9. My teeth don't hurt, my gums don't bleed, I am up to date with dental visits
- 10. My stress levels are generally low, and when I have stressful or anxious days or moments, I have a reliable calming system
- 11. My blood pressure is healthy
- 12. My cholesterol levels are healthy
- 13. I am comfortable with my current weight. I love my body
- 14. I am addressing any health concerns (not ignoring them)
- 15. I don't smoke
- 16. I don't rely on drugs/alcohol/food to manage my emotions
- 17. I have had a general physical exam in the last 2-3 years
- 18. I have someone to talk to about my worries / fears/feelings
- 19. My nails are healthy and looking good
- 20. My skin is free from rashes or blemishes and I use SPF in the sun

NOTES:







2. MONEY

- 1. When I think about my money situation I feel good
- 2. I have no consumer debt
- 3. I have a savings to fall back on if I were to get sick (3-6 mo. of life costs)
- 4. I have a retirement fund or investments that I add-to regularly
- 5. I pay my bills on time
- 6. I don't owe money to any friends or family members
- 7. I know what are my limiting beliefs are when it comes to money, and I'm working on them
- 8. My taxes are filed on time and are up to date
- 9. I have all the necessary insurances (home, life, disability, health)
- 10. I have a will and it's up to date
- 11. I have a budget and I live comfortably within it
- 12. I know my 'financial freedom' number & I am saving to achieve it
- 13. My income is reliable I don't have to worry about how much I'll have from month to month

BUSINESS (if you don't yet have a biz, just assume (Y) for these

- 14. I know my business' fixed & variable costs
- 15. I have an accountant or bookkeeper to help advise me on my business
- 16. I have a system/ software that makes it easy to see where I'm at financially / pull reports like a balance sheet or profit & loss statement
- 17. I am comfortable with my pricing and it's working well for me
- 18. I know how much I make in my 'average sale'
- 19. I have a monthly marketing budget
- 20. I know how to consistently create revenue in my business

NOTES:







3. LOVE & CONNECTION

- 1. I am comfortable with the relationship I have with my parents
- 2. I love and accept myself and I regularly practice acts of self-love
- 3. I smile a lot, and regularly do random acts of kindness for strangers
- 4. I have good buddies / close friends in my work environment
- 5. I have a partner who I am attracted to and who lights me up
- 6. I feel understood and seen by several people in my life
- 7. I offer my kids / pets choice and freedom whenever possible
- 8. I don't have any 'enemies'
- 9. I avoid gossip / drama
- 10. I have regular meetups with friends just to connect & have fun
- 11. I believe I am worthy of and deserving of love as I am right now
- 12. I regularly reach out to friends and family to connect and catch up
- 13. I am not afraid to ask for help when I need it
- 14. I have am a part of one more more communities that I can turn to when I need advice, referrals, help, or support
- 15. My relationships feel balanced and I get as much as I give
- 16. I give people the benefit of the doubt when unsure I get all the facts before reacting or confronting someone
- 17. I try not to make snap judgements about other people
- 18. Saying no is easy for me
- 19. I approach conflict with empathy I am resilient when others disappointment me
- 20. I have let go of toxic relationships / people who make me feel bad about myself

NOTES:







4. HAPPINESS & PLEASURE

- 1. I play every day
- 2. I know what I find fun and pleasurable and I indulge in it regularly
- 3. I believe that things to be easy still count, and I seek ease whenever possible
- 4. My home is free of clutter, and I regularly 'declutter' to keep it that way
- 5. I have real plants and/or fresh flowers in my home/office
- 6. I am not addicted to my phone I spend plenty of time 'unplugged'
- 7. I love where I live
- 8. I experience nature, at least in some small way, every day
- 9. I allow myself to feel all my feelings, without judgement
- 10. My home feels bright and spacious
- 11. I feel sexy, I enjoy sex and I have no shame in pleasuring myself
- 12. My bedroom is clean and cozy: it feels like my sanctuary
- 13. I love having people over to eat and socialize at my home
- 14. I listen to music that I love every day
- 15. I sing when I want to sing, dance when I want to dance
- 16. I have a regular mindfulness / meditation / stretching habit
- 17. I am almost always on time
- 18. I have daily rituals that give me ease, joy, peace and/or pleasure
- 19. I use the fancy stuff! Instead of saving it (Light the fancy candles, wear my expensive cologne/perfume, use the china/silver, wear the stuff I feel great in)
- 20. I regularly go to the places/do the things that give me joy, inspiration and connect me to the parts of me that I love most

NOTES:







5. SERVICE & GROWTH

- 1. I know what I was born to do, and I'm doing it
- 2. I regularly invest in learning or trying something new
- 3. I regularly give time / money to the causes & charities that I care about
- 4. I speak up against injustices, bullies, and hateful language
- 5. I have a list of all the places I'd like to travel to, and I know which place I'm going next and when
- 6. I seek opportunities to embrace or face discomfort or fear
- 7. I am engaged in practices, communities, modalities, programs, or rituals that help me continue to heal and evolve as a person
- 8. I know what I'd like to be known for, and am working towards that legacy
- 9. I believe that the more successful I am, the more I can help, so I am comfortable with, and excited about my own success
- 10. I have one or more coaches/mentors who challenge and develop me
- 11. I regularly reward my wins and look back to see how far I've come
- 12. I accept that most things are cyclical and with the up, comes the down. I don't panic at each down, I just keep moving.
- 13. I am quick to forgive
- 14. I value honesty and integrity highly in myself and others
- 15. I look inside to get validation and do not rely on recognition from others
- 16. I am curating a network of influential and inspiring peers & influencers

BUSINESS (if you don't yet have a biz, just assume (Y) for these

- 17. I am working on being more vulnerable and 'me' with my audience
- 18. I have aligned my business goals with service goals: I am building a brand that matters! My business is making the world a better place
- 19. I am working on growing as a leader / delegator / boss /role model
- 20. I am focused on creating and maintaining momentum in my business

NOTES:









1. HEALTH & WELLBEING NOTES	SCORE
2. MONEY	
3. LOVE & CONNECTION	
4. HAPPINESS & PLEASURE	
5. SERVICE & GROWTH	

MY MAGIC NUMBER:

