

# Magnificent Midlife Audit

## Snapshot

Date:

<i>Area of focus</i>	<i>Financial security</i>	<i>Career/work</i>	<i>Caring &amp; other commitments</i>	<i>Health &amp; well-being</i>	<i>Relationships</i>	<i>Style</i>	<i>Fulfilment, purpose &amp; legacy</i>
<b>Things to consider</b>	Knowledge of own financial situation, pension, savings, emergency fund etc.	Do you like your job/work? Do you have a dream job? Could it be a side hustle?	Parents /children Other? Empty nest? If no kids, are you wondering about your role now?	State of own health and fitness. Exercise and diet. Menopause and hormones. Level of self-care?	How good are your key relationships? Do they still serve you? Anything toxic you need to deal with?	Do you feel good about your personal style? Are you stuck in a rut? How to update your style?	Do you want more from life? Do you crave more purpose/sense of fulfilment? Are you happy with your obit?!
<b>How happy do you feel about this area of your life on a scale of 1-10? 1. Miserable, 5. Just OK, 10. Sorted</b>							
<b>What's good about this area of your life?</b>							
<b>What needs improvement in this area of your life?</b>							

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<b>Do you need outside help to improve this area of your life? What might that look like?</b>							
<b>Where do you feel you are on the 5 steps relative to this area of your life: Questioning, Getting Clarity, Exploring, Transforming, Magnificent</b>							
<b>Focus area: Yes or No?</b>							

Magnificent  
Midlife

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<b>Action step 1</b>							
<b>Action step 2</b>							
<b>Action step 3</b>							
<b>Any other thoughts?</b>							