

Twenty Starter Prompts

A Self-Audit Success™ Reflection Guide

Twenty thoughtful prompts to help you pause, notice your patterns, and move forward with intention.

Print these pages, keep them in your journal, or pin them somewhere you'll see them often. Return to them whenever you need clarity. There are no perfect answers. Just honest ones.

TIME

1.

What did I spend the most time on this week? Did it reflect what matters most to me?

2.

What am I saying I don't have time for that I'm actually not making time for?

3.

Where did I waste time out of habit rather than intention?

4.

If I reclaimed just one hour this week, how would I use it differently?

MONEY

5.

Did my spending reflect my priorities or my emotions?

6.

What purchase brought genuine value? Which one didn't?

7.

Where am I leaking money without noticing?

8.

What's one financial habit that would make life easier six months from now?

ENERGY

9.

What gave me energy this week?

10.

What consistently drained me?

11.

What did I keep saying "yes" to when my body was asking for "no"?

12.

How can I protect my energy a little better next week?

RELATIONSHIPS

13.

Who brought out the best version of me this week?

14.

Where did I avoid an honest conversation?

15.

Did I spend enough time with the people who matter most?

16.

How did I show care for someone else... and for myself?

WORK

17.

What work made me feel purposeful?

18.

What did I procrastinate, and what was I really avoiding?

19.

If I could improve just one work habit this week, what would it be?

SELF

20.

What truth about myself have I been quietly avoiding?

If I answered honestly, what would I do next?

A Gentle Reminder

A self-audit isn't about becoming perfect.

It's about becoming more aware.

Progress begins the moment you stop performing for yourself and start telling yourself the truth.

Audit your life. Honestly. *Self-Audit Success™*