

LIFETRESTYLE

A LIFETRESTYLE AUDIT

The Whole- Life Wellness Audit

*Find the one area quietly
affecting everything else.*

Ten minutes. Twenty honest answers.

One clear place to start.

WHOLE LIFE WELLNESS. YOUR MIND, BODY AND SPACE — IN FLOW.

MIND

How clear is your head, really?

Rate each statement 1–5 · 1 = rarely true · 5 = almost always true

I can focus on one thing at a time without much effort.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

At the end of the day, I can name what I actually got done.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Small decisions feel easy to make.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

When I stop working, my brain stops working too.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

If someone asked what's on my mind right now, I could tell them.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mind score / 25

BODY

Is your energy working for you or against you?

Rate each statement 1–5 · 1 = rarely true · 5 = almost always true

I wake up feeling rested most mornings.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My energy holds steady through the afternoon.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Most of my meals are chosen, not grabbed.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My body supports the life I'm asking of it most days.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

When something is draining me physically, I act on it rather than push through.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Body score _____ / 25

SPACE

Does your home give energy back, or quietly take it?

Rate each statement 1–5 · 1 = rarely true · 5 = almost always true

When I walk through my front door, I feel a sense of calm.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

The rooms I use most are set up for how I actually live.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My home is tidy more often than it isn't.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

There's at least one spot in my home that's genuinely mine to reset in.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My space looks like the life I'm building.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Space score / 25

FREEDOM

How much of your life do you get to direct?

Rate each statement 1–5 · 1 = rarely true · 5 = almost always true

I know roughly what I spent last month without checking.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Money decisions feel like choices, not pressures.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

An unexpected expense tomorrow would be inconvenient, not destabilising.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My income is moving in the same direction as my ambitions.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I can make time for what matters to me without a fight with my own schedule.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Freedom score _____ / 25

YOUR RESULTS

Where to start

YOUR STRONGEST PILLAR *highest score*

YOUR BOTTLENECK *lowest score*

YOUR SECOND-LOWEST *next lowest score*

Here's what most people miss: the pillars don't operate separately. Your lowest score is rarely a standalone problem — and your **two lowest scores together** usually tell you where the real pressure is coming from.

THE DOMINO EFFECT

A cluttered, chaotic space



raises background stress



which fragments your focus



which pushes decisions to the end of the day



when your energy is lowest



so you default instead of choose



and wake up to the same space tomorrow

The loop can start anywhere. The point is that improving your bottleneck tends to improve everything downstream of it.

What your two lowest scores mean

Circle your two lowest pillars. Find your pairing.

Mind + Freedom

Financial pressure is expensive to think about. Money worry consumes cognitive bandwidth, so what feels like a focus problem is often a money-clarity problem in disguise. **Start with Freedom** — even five minutes of financial clarity a week frees more headspace than another productivity system will.

Mind + Space

Your environment is doing some of your thinking for you — and right now it's working against you. Visual clutter keeps your stress response quietly switched on, fragmenting focus before the day starts. **Start with Space** — one reset room gives your mind one place it doesn't have to process.

Mind + Body

The fog is probably physical. Poor sleep and unstable energy show up as scattered thinking long before they show up as illness. **Start with Body** — protect sleep and steady your energy first, and a rested brain fixes half the focus problem on its own.

Body + Space

Your home isn't set up to let you rest or move. If the bedroom doesn't support sleep and the kitchen doesn't support real meals, willpower is fighting the furniture. **Start with Space** — make the space do the work, and the body habits get cheaper.

Body + Freedom

Financial stress is a physical load — it disrupts sleep, drives comfort eating and keeps your nervous system on alert. **Start with Freedom** — you don't have to fix your finances to feel the difference. You just have to be able to see them.

Space + Freedom

Spending and space feed each other — buying to feel better fills the home, and a cluttered home makes it harder to see where money goes. **Start with Freedom** — clarity on spending usually slows the inflow, and the space follows.

Small on purpose

One action per pillar — these are dominoes, not overhauls. Start with your bottleneck's action; add the rest if you want to.

☐

MIND

Ten minutes phone-free each morning, before anyone else's priorities reach you.

☐

BODY

A protein-rich breakfast daily. Energy is built at the start of the day, not rescued at 3pm.

☐

SPACE

Reset one room each evening. Five minutes. Same room all week.

☐

FREEDOM

Five minutes reviewing your money — no fixing, just looking. Clarity comes before change.

Keep going

If this audit told you something useful, the **T, Re: Lifetrestyle** newsletter goes deeper — evidence-based insights into Mind, Body, Space and Freedom, written for women with real lives and high standards.

Ready to work on your bottleneck properly? **The Lifetrestyle Blueprint** is the practical guide to building flow across all four pillars — £27.

[Get the Blueprint →](#)

payhip.com/b/v1CyJ · lifetrestyle.com