

Life audit

Are you meeting your Core Needs? Conducting a life audit can be an insightful exercise to help you evaluate and enhance your overall wellbeing.

Look at your completed wheel, and ask yourself these questions

- Which areas of my life am I happy with?
- Which areas of my life need some attention?

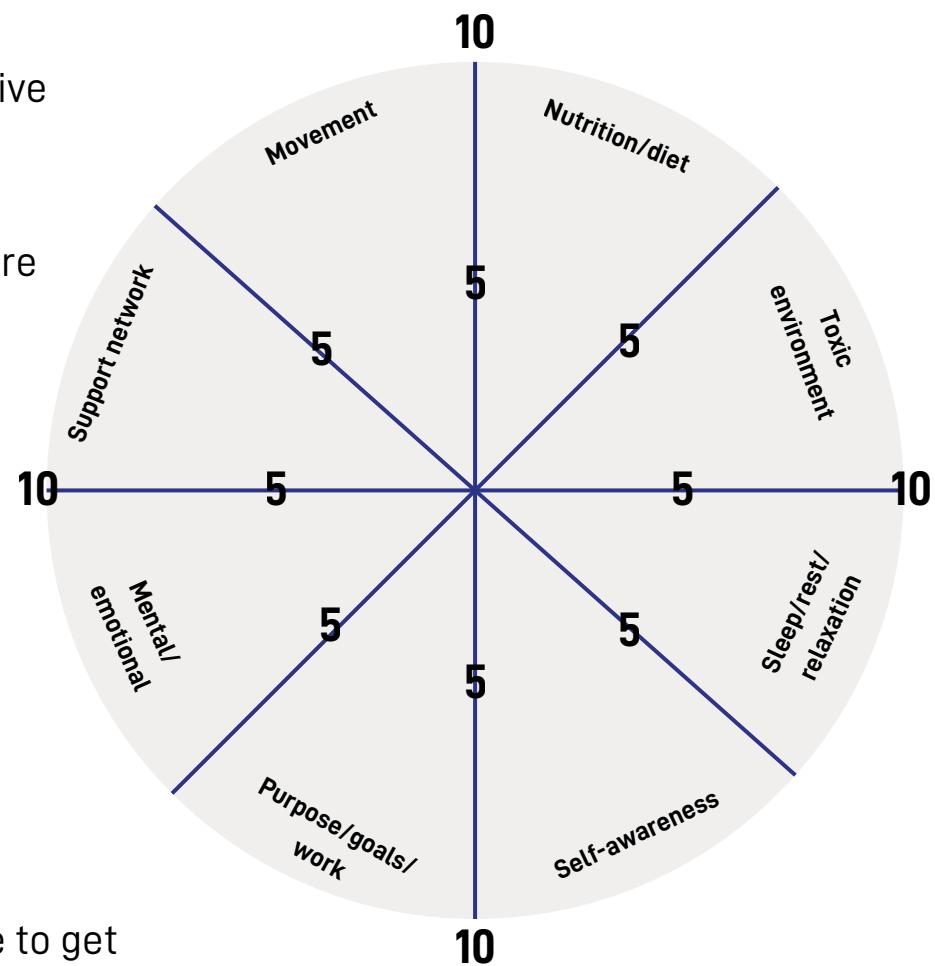
What number would you give to each area currently?

What would your ideal score be for each area?

Pick one or two areas to focus on. Focus on the areas of your life would have the most impact on your wellbeing and happiness.

Ask yourself:

- What needs to change to get from where I am now to my ideal?
- What would I need to do to make that happen?

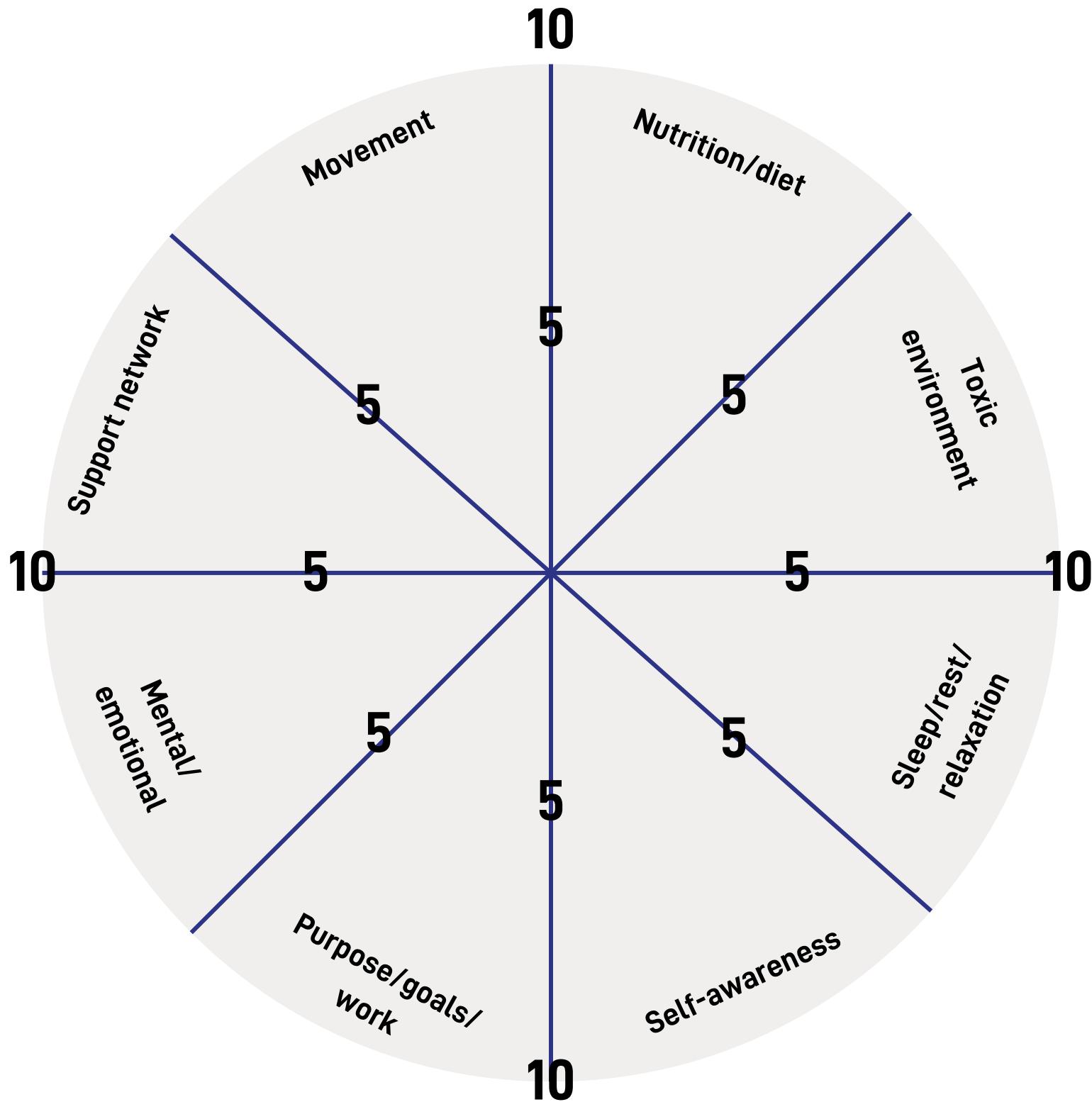


Even small, incremental changes can make a substantial difference in achieving a more balanced and fulfilling life.

With thanks to Deborah Bircham from Live Well With Chronic Illness:
livewellwithchronicillness.co.uk

Life audit

Complete your life audit using the template below, then think about any changes you might be able to make to help you reach your desired score.



Make your legacy a lifeline for people with MCAS, leave a gift in your will to Mast Cell Action.