

Taking Stock:  
A Grane Lux Life Audit Resource



We get so busy with our lives that we sometimes fail to stop and reflect on how things are progressing. The purpose of this reflection is to invite you to view your life with the intention to take stock of how things are, what changes need to be made and to identify who can support you. You will notice your patterns of behaviour and see opportunities for new possibilities and change. This is a living document so you can review and update it regularly. It is good to do this review on a quarterly basis or at least twice a year.

# FAMILY

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

# RELATIONSHIPS

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

# SPIRITUALITY

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

# MENTAL HEALTH

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

# PHYSICAL HEALTH/BODY

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

# WORK / CAREER

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |



# FUN / LEISURE / HOBBIES

|  |  |
|--|--|
| IN MY LIFE, HOW ARE THINGS CURRENTLY IN THIS AREA OF COMMITMENT?                       |  |
| WHAT HAVE I WANTED TO DO ABOUT IT, BUT HAVE NOT?                                       |  |
| WHAT HAVE I HAD TO ENDURE WITHOUT MAKING THE CHANGES I WOULD LIKE TO SEE IN THIS AREA? |  |
| WHAT NEEDS TO CHANGE?  |  |
| WHEN DO I START MAKING CHANGES?  |  |
| WHAT COULD GET IN THE WAY?   |  |
| WHO CAN HELP/ SUPPORT ME?  |  |

Once you have completed the review, take some time to journal and reflect on the following questions:

- What am I learning about myself?
- How do I feel about the insights I have learned? What has it opened for me?
- What needs to change?
- Which one or two commitments that require change do I want to start with?  
Who can support me?

Remember, you are worthy of life that is fulfilling and impactful and so be who you are, and be that well!



For coaching, courses and free resources, kindly visit our website [www.granelux.com](http://www.granelux.com)

Also, follow us on Instagram, Facebook and TikTok @granelux