

# The Results A<sup>++</sup>gency



## *Life Audit Workbook*

Your Name: \_\_\_\_\_

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*The client understands that they are responsible for making their own decisions, and the consequences thereof, and for generating their own results, and that these results are not guaranteed. No liability is accepted for any actions or decisions taken as a result of reading this workbook.*

*By using this workbook, you are agreeing to the above.*

## Introduction

Hello and Welcome! Thanks for downloading this Life Audit Workbook. I hope you find it useful and enjoy the process of uncovering your key areas for development. Should you get stuck at any point, or have any questions, please drop me an email to [helen@theresultsagency.co.uk](mailto:helen@theresultsagency.co.uk)

The exercises in this book are intended to kick start your thinking about what areas of your life could do with a little attention, what issues might be causing you problems and what you might want to do about that.

The questions are designed to get you thinking in a particular way – one that will help you to move forward. It's also an introduction to how the Results Agency approach can help you to start thinking creatively about your life. (For more information about my approach, see <http://www.theresultsagency.co.uk/howitworks.html> )

Please note that there are no right or wrong answers – you are just reviewing how things are at the moment. So be as honest as possible – this doesn't have to be shared with anyone else.

It's also not meant to be an exam! However, the more seriously you take the workbook, and the more you put into it, the more you'll get out of it.

### TOP TIPS:

- 1. Give yourself enough time to think through your responses. It may help to read through the exercises, then go off and do something else for a while (go for a walk, wash the dishes....etc.) then come back to it. You may wish to fill it in over several days, rather than all at once*
- 2. You'll uncover a lot of information. Make a note of everything that occurs to you – even if it seems to not be directly related to the particular bit you're working on.*
- 3. Start by reading the whole thing through now. Then have a think about how much time you want to invest in completing it, and when you'll do that. Block those times out in your diary.*
- 4. Tell someone, whose support you trust in, that you are working through this – and tell them by when you plan to have it finished. Ask for their support in making sure you get the most out of this workbook.*

And enjoy!....

What would you attempt to do if you knew you would not fail?

*Dr Robert Schuller*

## The Great Handbag of Life...

You know how sometimes, when you're in a hurry, things seem to go missing? Like your car keys, or your diary – even though you know you put them in your handbag. So you rummage through four different handbags (getting more and more stressed), only to eventually find what you're looking for tucked away in an inner zipped compartment you'd forgotten was there.

This is similar to what can happen when you're stuck in life, or you're trying to make changes. When you're in a process of adjusting some areas of your life, and, you're struggling with some aspect of that, you might start to feel a bit more stressed. Or perhaps a bit "de-skilled".

It might be tougher than usual to find (never mind tap into) the resources that you naturally carry with you.

So, the first thing we're going to do is to gather together some of the key resources you'll need on the journey to your best life.

This part of the workbook is an invitation to dig around in the great handbag of your life, and pull out the important stuff.

So let's get started...

Of what accomplishments, talents or achievements are you most proud?

What's important to you? What do you value above everything else?

How do you motivate yourself?

What do you do when you're really up against it? What are your main sources of strength and support?

If there were a secret passion in your life, what would it be?

Always be a  
first rate  
version of  
yourself and  
not a second  
rate version of  
somebody else  
*Judy Garland*

What do you consider to be your key strengths?

What do you consider to be your main areas for development right now?

When you've been successful at making changes in the past, what helped?

What are the main challenges for you right now?

In what circumstances (be specific) do you feel some or all of the following: empowered, at one with the world, at peace with yourself, like your life is in alignment with your values?

*Go back and read through your answers.*

*Are you surprised by how much depth of resource and knowledge is present in your life?*

Allow this to support you as you go through the rest of this workbook...

## Life Satisfaction

So, here we are in the life satisfaction section. Note that the key word here is *satisfaction*. You're not measuring how successful you are, although how satisfied you are *may* relate in some part to how successful you are. But of course, you may be highly 'successful' and completely unfulfilled.

Some people get worried about the numbers. Bear in mind that this is not about judgement, nor is it any reflection on you or your abilities. You're not rating YOU. You're deciding how satisfied you feel on a regular basis and giving that a number. You *are* being asked to put a stake in the ground – to be honest about how you really feel. If that's tough for you remember that:

1. You don't have to share this with anyone
2. Acknowledging where you are is the first step towards doing something about it

So take a firm grip on your handbag and let's get started...

Start by making a list of the different areas in your life. Here are some suggestions of the kinds of categories you might consider. This is just to get you started – you'll probably want to add to or adapt this list:

Health  
Friends and Family  
Significant Other/Romance  
Fun and Recreation  
Personal Growth/Learning  
Work  
Finances  
Physical Environment

Write your list in the chart on the next page. Then, rate your satisfaction with each of the life areas you chose earlier, by giving it a score out of 10 on the chart....

Where 0 is – absolutely dreadful

And 10 is – completely wonderful

In doing this (*deceptively simple*) exercise, you will have begun to think about the issues, goals, successes and challenges in your life. It also gives you something concrete to refer back to, and to compare with, in a few months time.

a.		0	1	2	3	4	5	6	7	8	9	10
b.		0	1	2	3	4	5	6	7	8	9	10
c.		0	1	2	3	4	5	6	7	8	9	10
d.		0	1	2	3	4	5	6	7	8	9	10
e.		0	1	2	3	4	5	6	7	8	9	10
f.		0	1	2	3	4	5	6	7	8	9	10
g.		0	1	2	3	4	5	6	7	8	9	10
h.		0	1	2	3	4	5	6	7	8	9	10
i.		0	1	2	3	4	5	6	7	8	9	10
j.		0	1	2	3	4	5	6	7	8	9	10
k.		0	1	2	3	4	5	6	7	8	9	10

Okay – so you’ve put your stake in the ground. Well done. Let’s now examine a few of those areas in more detail...

## Tuning in to the cycles of life

No moment, or situation, in your life exists in isolation. Today flows from yesterday – and tomorrow will flow from today. This sense of continuity between past, present and future, is a powerful force. When you tune in to the essential continuity and flow of your life, things begin to make more sense. You’ll find yourself more able to relax – and – discover any sense of ‘stuck-ness’ melting away.

An important point I’d like to highlight – and I’d like you to be mindful of - is that the only point at which you can change things is now. So there’s no point wasting energy on “if only”s. Concentrate on what you can learn from the past and how you might change the future.

This whole idea of tuning into the flow of your life may be new to you. The following is a gentle introduction, using your life satisfaction scores...

**Consider the 2 areas to which you gave the lowest scores –**

Lowest marked area:

2<sup>nd</sup> Lowest:

Would you have marked these higher at any point in the past? (When and what mark?)

What's missing/different/present *now* in these areas to account for this difference?

**Consider the 2 areas to which you gave the highest marks:**

Highest mark:

2<sup>nd</sup> Highest mark:

Would you have scored them lower at any point in the past?

What's missing/different/present *now* in these areas to account for this difference?

*Can you begin to feel how your current situation has grown out of the past? (N.B. This is NOT an invitation to beat yourself up about choices you've made in the past. In fact, let's now look at how your choices have helped you.)*

Now think about the area of your life you scored the highest. Write down some of the choices you've made, or make daily, that have resulted in this area getting this score

**Awareness Exercise:** Take some time now to allow yourself to acknowledge your own capacity to change things for the better. Allow your heart to open a little to this idea.

And to open a little more.

And notice any changes (subtle or not so subtle) that happen in your body when you do this.

What do you notice about how you are feeling now?

**Creativity is not solely the province of artists and writers.** You create the life you live moment by moment and day by day. You do this by the choices you make and the ways you interpret the consequences of those choices.

**Your future will grow out of today. You can always change the future because you always have a choice in the present.**

And in the next section – I'm going to invite you to make some choices about what you want to create next.

In the sacred traditions, the first thing you do in the mornings is ask for blessings from the 4 elements: earth, air, fire and water. Because all the work you are going to do that day will change the universe.

*Laura Esquivel*

## Something to Aim For

The fact that you've chosen to work through this book suggests that you're not entirely happy with your current situation. And you're motivated to do something about it. The key question is "what?".

It's all very well knowing what you don't want – most people find this pretty easy to describe. But if you don't know *specifically* what you do want, how will you know when you've got there? And more importantly, at this point, how will you know where to start?

*You need something to aim for. You need a vision of a better future that is compelling enough to get you moving.*

## Getting Focussed

You may be one of those people who can easily imagine their future in full detail. However, many of us find it hard to think about all aspects of our current life at once, never mind imagine a complete new one.

**One of the main reasons people fail to achieve the things they want is that they try to do it all at once. (Or they're so overwhelmed by the size of the task that they never start!) We're going to get better results, because I'm going to ask you to concentrate your efforts!**

So, in order to narrow our focus, please choose two or three of your life areas to explore in more detail.

(NB You can choose three of the areas you've already thought about, or the ones that feel the easiest to start on, or the ones that are causing you the most problems. It almost doesn't matter where you start – *starting* is the important thing.)

Remember when you gave these areas a score out of 10? In order to do that, you must have had some idea of what "10" would be like.

So now, for each one, write down (on the next page) some key words or phrases that describe what "10" would be like (i.e. what would need to be happening for you to give this area a score of "10").

Here are some questions about your "10" to help you get more detail about it....

- What are you doing?
- Who else is with you?
- What, specifically, is present in your life?
- What sort of things are you saying to yourself?
- What are other people saying about you?
- How do you feel?

I want to know what  
you ache for, and if  
you dare to dream  
of meeting your  
heart's longing...

*Oriah Mountain Dreamer*

*Top Tips: If you only take your time over one part of this workbook, this is the part to do it on! Really think (and feel) deeply about what "10" would be like. Try talking it over with someone (feel free to give me a ring if you'd like to talk it through). Visualise, or write a story about it, as if it were actually happening now. Allow your imagination to play.*

*You may wish to write some notes separately, then highlight the key words and phrases and write them in the spaces provided on the next page.*

Area 1:

---

"10" is:

---

---

---

Area 2:

---

"10" is:

---

---

---

Area 3:

---

"10" is:

---

---

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Now that you've a clearer idea of what you want, it's time to concentrate on each of your chosen areas in more detail, in order to identify some of the underlying issues and obstacles...

## The Underlying Situation

Consult your head, heart and gut feelings to answer the questions below for each area you've chosen to focus on. Answer with what's actually happening, not what you would like to be the case.

Write the life areas you've chosen in here →			
What are you currently putting up with, or tolerating?			
What do you think you <i>should</i> be doing right now?			
What do you <i>want</i> to be doing?			

Life Audit

Write the life areas you've chosen in here →			
And what are you actually making a priority right now (i.e. what do you spend most of your time/energy on?)			
What things are frustrating you in relation to this area?			
What's missing? What would make this area more fulfilling?			
What <b>one thing</b> could you do in each area to take you nearer to your "10" (This could be a one-of action or could be about setting up good habits.)			

What themes, if any, do you notice from the thinking you've done, and answers you've given, so far?

*Top Tips: To notice patterns, it helps to take a step back from the detail of your life. Have a good nights sleep and, first thing in the morning, re-read all the answers you've given so far.*

Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs.

Vaclav Havel

## Making a Commitment to Yourself

By now you will have identified a number of issues or areas that you want to improve. So now, pick three areas of challenge that really stand out for you and write them below:

1.

---

2.

---

3.

---

Now, from these three, choose the one that you will actually commit to doing something about:

---

What, for you, would represent the best possible outcome in relation to this? *(Use your key words and phrases from page 11 to help you.)*

What kind of support do you think you'll need to achieve this? And who will you need it from?

What is the first step you need to take in order to get started?

Are you ready to take that step?

(If 100% YES, go to the box at the bottom of page 16. If NOT, read on...)

What's stopping you from taking this step?

**OK – now stop and take a look at that last answer. Is this REALLY stopping you?**

What could you do to get round this?

So what's your first step now?

Take a moment and imagine you'd already taken this new first step. How do you feel, knowing you've started?

### My Commitment to Myself...

**Remember earlier you discovered how your "today" has grown out of your past?  
How your choices have influenced your current results?**

*What do you choose now? To move forward one step – or to remain where you are? Fill in the relevant section below.*

I, \_\_\_\_\_, choose to move forward towards my best life.

Signed: \_\_\_\_\_.

**OR**

I, \_\_\_\_\_, choose to remain where I am.

Signed: \_\_\_\_\_.

Whichever choice you made – you’ve learned something about yourself. And about your life.

In fact you may be realising that there is no “remaining where you are” – because, by making that choice, you have taken responsibility for your own life. And that is actually a giant leap!

Even reading this workbook will have deepened your understanding of what’s going on, helping you connect with your inner wise woman.

*(Remember not completing this workbook is also a choice.....)*

If you’ve chosen to move forward – write down when and how you will take the step you’ve identified. Put it in your diary.

I’d love to join the cheer-leading when you’ve done it. Let me know that you’ve completed your first step towards your best life and I’ll email you back a surprise!!

## Well Done!

Congratulate yourself for having given yourself the time and space to work through these exercises. Well done! I hope that you've found this interesting and helpful. It can be useful to come back to these exercises about every 6 months to see how things have changed for you.

You should now have a clearer idea about what's going on in your life and what your next steps might be. I'm sure you've also got some ideas about what areas need work, and a taste of how The Results Agency approach can help.

Have fun with this workbook – and don't hesitate to ask me if you have any questions. To get in touch, call Helen on 01506-467970, or email [helen@theresultsagency.co.uk](mailto:helen@theresultsagency.co.uk)

## And there's more...

There's lots more help available at [www.theresultsagency.co.uk](http://www.theresultsagency.co.uk) (free articles, top tips and exercises.)

If this workbook has inspired you, and you'd like more, you can get a free, one-to-one "Open the Gateway to Your Best Life" coaching session, by contacting me directly, or through the website. This is a no obligation, opportunity to progress further towards your best life. Full details at <http://www.theresultsagency.co.uk/freecoaching.html>

To get in touch, call Helen on 01506-467970, or email [helen@theresultsagency.co.uk](mailto:helen@theresultsagency.co.uk)

There is not a path  
that has not already  
been walked by the  
women who have  
gone before. You do  
not walk this path  
alone.

*Metz & Tobin*

## About the Author



Helen Ross-Hamilton is a qualified coach and therapist, an ex-corporate professional, a business owner and a working Mum.

Helen's background is varied, having spent many years in IT project management, change management and procurement, in both the banking sector and the NHS. She's also been a technology help desk manager and a technical trainer for investment banks, and an administrator in the Crown Prosecution Service.

Add to that 10 years of helping people find healing, and make sense of their lives, through coaching and psychotherapy, and you have a rare combination of skills and experience.

For many years Helen has been fascinated, and inspired, by the ancient feminine mystic traditions, including the Great Goddess and Wild Woman/Wise Woman archetypes.

She is especially focussed on translating the wisdom inherent in these traditions to help modern professional women to also feel inspired, and empowered.

Helen's unique approach integrates practical, common sense coaching methods with millennia-old wisdom that speaks directly to the heart of women everywhere.

Apart from running the Results Agency, and spending time with her husband and daughter, Helen loves to dance – and is a member of a local American Tribal Style Belly Dance group. Dressing up in big skirts and lots of jingly jewellery is particularly fun! She also makes dance costumes, is tracing her family tree and practices Tai Chi.

Helen believes that how you go out into the world (your words, actions and attitudes) directly affects the results you get.

In the ancient feminine mystic tradition there is even a saying that encapsulates this idea:

“What you give out returns to you threefold.”

If this workbook has inspired you, and you know someone else who could use this kind of help, Helen invites you to share that inspiration, by recommending this workbook to your friends and colleagues. Please direct them to [www.theresultsagency.co.uk](http://www.theresultsagency.co.uk) for their own free copy.

