



The Life Audit — One Page Reset

Clear the clutter. Reclaim your time. Live aligned. ■

Pause. Reflect honestly. Write down what is true today. Clarity begins the moment you stop drifting.

■ Time

- Where does it go each day?
- What would feel purposeful?

♥■ Relationships

- Who expands me?
- Who depletes me?

■ Energy

- What fuels me?
- What drains me?

■ Commitments

- What roles or obligations no longer fit?
- What do I want to reclaim?

Closing Reflection

If I changed one thing this week to realign, it would be:



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