



END OF YEAR WRAP UP EPISODE 1

ACCOMPANIMENT GUIDE

THE MONEY NERDS PODCAST

LIFE AUDIT

Scoring

- 1- Very unsatisfied
- 2- Unsatisfied
- 3- Neither satisfied or unsatisfied
- 4- Satisfied
- 5- Very Satisfied

Category	Score (1-5)	Why did the category score the way it did?
Romantic Relationship		
Family Relationships		
Friend Relationships		
Health (Physical/Mental)		
Education/ Hobbies		
Financial Knowledge		
Personal Growth		
Spiritual		
Career		
Wealth		

ACTION

RULE OF 100

Choose one category that you rated 1-3.

over the next year, every single day spend 18 minutes each day (~100 hours/year) actively taking 1 step towards that bettering that category.

18 minutes per day is just 1.2% of your time.
Consistency is key!

**FOCUS
CATEGORY**

**18 MIN
TASK
IDEAS**

**HOW I
WILL
STICK
WITH IT?**