

The Quiet Audit

10 questions for the parts of your life you avoid looking at

The parts you're avoiding are simply asking for your presence and adjustment. Usually at this point you're integrating and creating at the same time — and it's a lot. That quiet space is your ticket: it lets you get quiet enough to remain with yourself. There's no shame in that. Of course you don't want this quiet space pulling you away from your responsibilities and your family — but it's okay to prioritize it.

1	Why are you avoiding it? <i>Tip: as you hold this question, review all the work you've done and how magnificent you are.</i>	
2	What if you moved through this anyway — what are you afraid you'll find out?	
3	If you continue to avoid this, what comfort is it giving you?	
4	If you had that comfort, coupled with all the evidence of how amazing you are — would you still avoid it?	
5	If the answer is yes , the next question is why. If the answer is no , ask yourself where you're at — are you in your heart space yet?	
6	If yes and you found your why: put both hands on your hips, stomp your feet, and say that “why” out loud. Once that's done, how do you feel? If no and you're in your heart space: is there anything else your mind needs to address before the direction comes up? Write down whatever comes up in your heart space so you can see it.	
7	Where are you right now — heart space or contemplation? Repeat the steps above until you're in your heart space. Give yourself room to adjust your vision accordingly, and permission to respond to any voices in your head that are outdated.	
8	Now that you're in your heart space — what's the smallest, tiniest step that feels right to take?	
9	When are you going to take that step?	
10	How are you holding yourself accountable to take it?	

Reflection

What happened after you took that step?
