

SESSION 2: THE WHOLE LIFE AUDIT

In this session Jim introduces you to the “Whole Life Audit.” He defines the audit as “well-care for your life.” As part of this audit, you are asked to examine all aspects of your current life: your identity, your current vocation, your life purpose, your relationship to money, the balance or lack thereof in your life, your relationships with loved ones, the supporting friends that you currently have, and the condition of your spiritual life. He then discusses how your audit should respond to three crucial questions in life: Who am I? What is my life for? What do I believe in?

Jim poses that the four primary goals for life are:

1. Personal aliveness and gratitude for life.
2. Intimate connections with other human beings.
3. Passion for your vocation or role in life.
4. Connection to something beyond yourself — in a spiritual sense, communion with God.

As part of your whole life audit, complete the **Whole Life Vital Signs Checklist** given below. Place a mark along each numbered line to represent where you are relative to the two statements given below each line. Write the number value corresponding to your mark in the space to the left of each numbered line. If a particular line does not apply to you (e.g., you are not married or have no siblings) give yourself a ‘5’ for that line. After you’ve completed each section (e.g., WORK/VOCATION), total the numbers for the section and write the total in the indicated space. Each total number represents your “vital sign” value for a section of the checklist. Mark your measured value on the **Whole Life Vital Signs Graph** that follows the checklist. The graph identifies **vibrant, healthy, fair, poor,** and **dangerous** readings for each vital sign.

WHOLE LIFE VITAL SIGNS CHECKLIST

WORK/VOCATION:

	1.....	3.....	5.....	7.....	9
w-1	I am either unemployed or could be unemployed in the near future.			I am very secure in my current job or vocation.	
	1.....	3.....	5.....	7.....	9
w-2	I hate my work.			I love my work.	
	1.....	3.....	5.....	7.....	9
w-3	I am consumed by my job.			I have my job well under control.	
	1.....	3.....	5.....	7.....	9
w-4	My job uses little of my talents.			My job fits me perfectly.	
	1.....	3.....	5.....	7.....	9
w-5	My job is my identity.			My job is only one expression of my identity.	
	1.....	3.....	5.....	7.....	9
w-6	I am addicted to the power, prestige, attention, and perks of my job.			I am totally detached from the power, prestige, attention, and perks of my job.	

- _____ 1..... 3..... 5..... 7..... 9
w-7 I desperately need the income from my job. The money is nice, but only a part of why I work.
- _____ 1..... 3..... 5..... 7..... 9
w-8 If I lost or left my job, I don't know what else I'd do. I would have no problems finding another fulfilling job or vocation.
- _____ 1..... 3..... 5..... 7..... 9
w-9 No one values my work. My work is deeply valued by others.

_____ **Total Score for WORK/VOCATION.**

MONEY:

- _____ 1..... 3..... 5..... 7..... 9
s-1 I am in a serious financial crisis. I have no financial concerns.
- _____ 1..... 3..... 5..... 7..... 9
s-2 The rest of my life depends on my income streams. I run the rest of my life independent from my income.
- _____ 1..... 3..... 5..... 7..... 9
s-3 I live in fear of being blindsided financially. I have no concerns about being blindsided financially.
- _____ 1..... 3..... 5..... 7..... 9
s-4 I have no financial reserves if a crisis hits. I have ample financial reserves if a crisis hits.
- _____ 1..... 3..... 5..... 7..... 9
s-5 No matter how much I make, I'll never be satisfied. I'm content with my current income and net worth.
- _____ 1..... 3..... 5..... 7..... 9
s-6 I feel enormous pressure to make more money. I feel no pressure to make more money.
- _____ 1..... 3..... 5..... 7..... 9
s-7 I have great uncertainty about my financial future. My financial future is secure.

_____ **Total Score for MONEY.**

BALANCE AND BOUNDARIES:

- _____ 1..... 3..... 5..... 7..... 9
T-1 My life is deadline- or crisis-driven. I always have time for important, non-urgent activities.
- _____ 1..... 3..... 5..... 7..... 9
T-2 I regularly squander time. I value time as a precious asset.
- _____ 1..... 3..... 5..... 7..... 9
T-3 I'm always doing what I have to do. I manage my life so I mostly do what I choose to do.
- _____ 1..... 3..... 5..... 7..... 9
T-4 I can never say "No" to others' requests. I know my "Yes" and my "No."

_____ **Total Score for BALANCE AND BOUNDARIES.**

PHYSICAL HEALTH:

- _____ 1..... 3..... 5..... 7..... 9
 PH-1 I almost always feel lousy. I almost always feel great.
- _____ 1..... 3..... 5..... 7..... 9
 PH-2 My family has a history of poor health. My family has a history of great health.
- _____ 1..... 3..... 5..... 7..... 9
 PH-3 I am in terrible physical shape. I am in great physical shape.
- _____ 1..... 3..... 5..... 7..... 9
 PH-4 I never work out. I work out five or more times a week.
- _____ 1..... 3..... 5..... 7..... 9
 PH-5 I'm plagued by ongoing afflictions. I'm never sick or injured.
- _____ 1..... 3..... 5..... 7..... 9
 PH-6 I drink or smoke a lot. I never drink or smoke.

_____ **Total Score for PHYSICAL HEALTH.**

EMOTIONAL HEALTH:

- _____ 1..... 3..... 5..... 7..... 9
 EH-1 I have no sense of peace in my life. I feel deep peace in my life.
- _____ 1..... 3..... 5..... 7..... 9
 EH-2 I don't know myself at all. I know and understand my personality and talents.
- _____ 1..... 3..... 5..... 7..... 9
 EH-3 I am plagued by anxiety, worries, and fears. I am seldom anxious or fearful.
- _____ 1..... 3..... 5..... 7..... 9
 EH-4 I feel like a misfit. I know who I am and how I fit in.
- _____ 1..... 3..... 5..... 7..... 9
 EH-5 I have no defined values. My values are well-defined.
- _____ 1..... 3..... 5..... 7..... 9
 EH-6 I constantly compare myself against others. I am very content with who I am.
- _____ 1..... 3..... 5..... 7..... 9
 EH-7 I have no self-confidence. I have great confidence in myself.
- _____ 1..... 3..... 5..... 7..... 9
 EH-8 I'm always trying to please or rescue others. I don't need the approval or affirmation of others.
- _____ 1..... 3..... 5..... 7..... 9
 EH-9 I deny or hide my feelings. I welcome and honor all my feelings.

_____ **Total Score for EMOTIONAL HEALTH.**

MARRIAGE/LOVE RELATIONSHIP:

- _____ 1..... 3..... 5..... 7..... 9
M-1 My marriage/love relationship is about to blow up. My marriage/love relationship is very solid.
- _____ 1..... 3..... 5..... 7..... 9
M-2 My sex life is either awful or nonexistent. My sex life is very fulfilling.
- _____ 1..... 3..... 5..... 7..... 9
M-3 We have no meaningful communication. We communicate the deep issues of our hearts.
- _____ 1..... 3..... 5..... 7..... 9
M-4 We cannot deal productively with conflict. We face our conflicts openly and always resolve them.
- _____ 1..... 3..... 5..... 7..... 9
M-5 We are hopelessly co-dependent. We are wonderfully inter-dependent.
- _____ 1..... 3..... 5..... 7..... 9
M-6 I no longer love my spouse/partner. I am in love with my spouse/partner.
- _____ 1..... 3..... 5..... 7..... 9
M-7 My spouse/partner no longer loves me. My spouse/partner is very much in love with me.

_____ **Total Score for MARRIAGE.**

CHILDREN AND EXTENDED FAMILY:

- _____ 1..... 3..... 5..... 7..... 9
CEF-1 One or more of my children is in a major crisis. All my children lead healthy, fulfilled lives.
- _____ 1..... 3..... 5..... 7..... 9
CEF-2 My kids either hate me or avoid me. My kids love me and love to be with me.
- _____ 1..... 3..... 5..... 7..... 9
CEF-3 I don't know my children. I know my children and love them for who they are.
- _____ 1..... 3..... 5..... 7..... 9
CEF-4 I am missing (have missed) my kids growing up. I'm there with my kids as they grow up (grew up).
- _____ 1..... 3..... 5..... 7..... 9
CEF-5 I have major unresolved issues with my parents. I get along (got along) great with my parents.
- _____ 1..... 3..... 5..... 7..... 9
CEF-6 I have major unresolved issues with my siblings. I have deep, fulfilling relationships with my siblings.

_____ **Total Score for CHILDREN AND EXTENDED FAMILY.**

RELATIONSHIPS WITH OTHERS:

- _____ 1 3 5 7 9
 R-1 I hate people. I love people.
- _____ 1 3 5 7 9
 R-2 I have no close friends. I have many close friends.
- _____ 1 3 5 7 9
 R-3 I don't trust anyone. My first inclination is to trust people.
- _____ 1 3 5 7 9
 R-4 I am very sensitive to how others view me. I appreciate, but don't need, the approval of others.
- _____ 1 3 5 7 9
 R-5 I never share anything deep about myself. I am comfortable sharing deep feelings with others.
- _____ 1 3 5 7 9
 R-6 I avoid new relationships. I welcome the opportunity for new relationships.
- _____ 1 3 5 7 9
 R-7 No one is straight with me. I have close friends who mentor me and hold me accountable.

_____ **Total Score for RELATIONSHIPS WITH OTHERS.**

SPIRITUAL HEALTH:

- _____ 1 3 5 7 9
 SH-2 God is a terrifying mystery. God is a wonderful mystery.
- _____ 1 3 5 7 9
 SH-3 I am afraid of dying. I have no fear of death.
- _____ 1 3 5 7 9
 SH-4 God is about religion. God is about a relationship.
- _____ 1 3 5 7 9
 SH-5 I have no spiritual mentors/directors. I have spiritual people who mentor me.
- _____ 1 3 5 7 9
 SH-6 Spirituality means I have to give up control. Spirituality means I can give up control.
- _____ 1 3 5 7 9
 SH-7 I am either captive to the past or fearful of the future. I live my life in the present.
- _____ 1 3 5 7 9
 SH-8 I want to be in control. I want to be aware.

_____ **Total Score for SPIRITUAL HEALTH.**

LIFE PURPOSE/DIRECTION:

_____ 1..... 3..... 5..... 7..... 9
LPD-1 I have no road map for my life. I have a clear sense of purpose and mission for my life.

_____ 1..... 3..... 5..... 7..... 9
LPD-2 I have no goals for my life. I have clear goals for my life.

_____ 1..... 3..... 5..... 7..... 9
LPD-3 I never reflect on my life. I regularly take time for solitude and reflection.

_____ 1..... 3..... 5..... 7..... 9
LPD-4 My life has no passion, adventure, or fulfillment. I find fulfillment in almost all my activities.

_____ 1..... 3..... 5..... 7..... 9
LPD-5 I will do anything to avoid change. I process change effectively and proactively.

_____ 1..... 3..... 5..... 7..... 9
LPD-6 I feel driven by external forces. I feel called by a Higher Power.

_____ 1..... 3..... 5..... 7..... 9
LPD-7 I am a prisoner to urgent activities. I always have time for the important over the urgent.

_____ 1..... 3..... 5..... 7..... 9
LPD-8 My eulogy would not be what I want. I am at peace with my life's accomplishments and direction.

_____ **Total Score for LIFE PURPOSE/DIRECTION.**

WHOLE LIFE VITAL SIGNS GRAPH

This exercise helps you determine your Whole Life Vital Signs across ten different categories. After you've completed the checklist, total the score for each of the ten categories. Then, place a mark ("X", "O", or some symbol) along each horizontal line in the graph corresponding to the measured value for that category ... that "vital sign." (Note that the range of numbers varies across the different vital signs.)

This is your assessment of your vital signs **today**. It is not what others think they are or what they should be. You might view this exercise as measuring your "health" in each of these categories. Vibrant vital signs will help you if a crisis should arise in your life. Dangerously low vital signs indicate no "reserves" should a crisis arise.

If you are in a small group, have each member of the group complete the exercise and present their graph to the other group members. Give feedback to one another. With your knowledge of another person, do you feel his or her assessment is accurate; too hard on themselves; too glowing — indicating the person may be either blind to or in denial about problems in an area of his or her life?

	DANGEROUS	POOR	FAIR	HEALTHY	VIBRANT
Work/Vocation	9 - - - - -	27 - - - - -	45 - - - - -	63 - - - - -	81
Money	7 - - - - -	21 - - - - -	35 - - - - -	49 - - - - -	63
Balance and Boundaries	4 - - - - -	12 - - - - -	20 - - - - -	28 - - - - -	36
Physical Health	6 - - - - -	18 - - - - -	30 - - - - -	42 - - - - -	54
Emotional Health	9 - - - - -	27 - - - - -	45 - - - - -	63 - - - - -	81
Marriage/Love Relationship	7 - - - - -	21 - - - - -	35 - - - - -	49 - - - - -	63
Children and Extended Family	6 - - - - -	18 - - - - -	30 - - - - -	42 - - - - -	54
Relationships with Others	7 - - - - -	21 - - - - -	35 - - - - -	49 - - - - -	63
Spiritual Health	8 - - - - -	24 - - - - -	40 - - - - -	56 - - - - -	72
Life Purpose/Direction	8 - - - - -	24 - - - - -	40 - - - - -	56 - - - - -	72

Consider the following as you review your Whole Life Vital Signs Graph:

1. As you scan your Whole Life Vital Signs Graph, what areas of your life seem to be healthy or vibrant? What areas are in the poor or dangerous zone? What areas seem under control now, but may flare up with problems in the near future?
2. Where in your life do you find yourself feeling disillusioned, bored, empty, or scared?
3. In what areas do you need to develop a road map or clear plan? What is blocking you from creating such a plan? What support do you need to develop the plan?
4. In what ways are you currently tapping into your innermost talents? List areas that you believe you are leveraging well and what areas that you are not leveraging, but would like to.
5. Review your life. In what areas do you yearn for a more peaceful, simple life. In what areas do you feel anxious or out of control?

