



Life Audit

FOCUS FORMULA

21 questions across 7 life categories.
Discover where you stand — and where to level up.

focusformula.co/life-audit

How to Score

Rate each statement honestly from 1–5. There are no wrong answers — just clarity.

Rating Scale

- 1 Strongly Disagree — This isn't part of my life at all
- 2 Disagree — I rarely do this or struggle with it
- 3 Neutral — Sometimes, but not consistently
- 4 Agree — I do this most of the time
- 5 Strongly Agree — This is locked in and non-negotiable



Time to Rebuild

0–40%

Major areas need attention. The good news? You're honest about it — that's step one.



Getting Started

41–60%

You've got the foundation. Now it's time to build consistent habits.



On Track

61–80%

Strong momentum. Focus on your weakest categories to go from good to great.



Locked In

81–100%

You're firing on all cylinders. Keep building and pour into others.

Your Life Audit

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree)



Vision & Direction

SCORE: ___ / 15

- 1 I have a written 10-year roadmap for my life.

1	2	3	4	5
---	---	---	---	---
- 2 My short-term goals are clearly defined and measurable.

1	2	3	4	5
---	---	---	---	---
- 3 I review and refine my vision on a regular basis.

1	2	3	4	5
---	---	---	---	---



Daily Discipline

SCORE: ___ / 15

- 4 I follow a consistent morning routine every day.

1	2	3	4	5
---	---	---	---	---
- 5 I identify and complete my top priorities before distractions take over.

1	2	3	4	5
---	---	---	---	---
- 6 When I commit to something, I follow through — no excuses.

1	2	3	4	5
---	---	---	---	---



Financial Freedom

SCORE: ___ / 15

- 7 I have a written budget that I follow each month.

1	2	3	4	5
---	---	---	---	---
- 8 I have an emergency fund that covers at least 3 months of expenses.

1	2	3	4	5
---	---	---	---	---
- 9 I have an active investment strategy for building long-term wealth.

1	2	3	4	5
---	---	---	---	---



Relationships

SCORE: ___ / 15

- 10 I consistently invest quality time in my spouse or closest relationships.

1	2	3	4	5
---	---	---	---	---
- 11 I am intentional about building and maintaining deep friendships.

1	2	3	4	5
---	---	---	---	---
- 12 I am actively part of a community that supports my growth.

1	2	3	4	5
---	---	---	---	---



Faith & Identity

SCORE: ___ / 15

13 I spend time in prayer, devotion, or meditation every day.

1 2 3 4 5

14 I have a clear sense of who I am and what I stand for.

1 2 3 4 5

15 I consistently choose faith over fear when facing challenges.

1 2 3 4 5



Health & Energy

SCORE: ___ / 15

16 I exercise at least 3–4 times per week.

1 2 3 4 5

17 I consistently get 7–8 hours of quality sleep.

1 2 3 4 5

18 I fuel my body with intentional, healthy nutrition choices.

1 2 3 4 5



Legacy & Purpose

SCORE: ___ / 15

19 I am building something that will outlast me.

1 2 3 4 5

20 I actively mentor or invest in the growth of others.

1 2 3 4 5

21 I am living in alignment with my God-given mission.

1 2 3 4 5

YOUR TOTAL SCORE



Vision



Discipline



Financial



Relationships



Faith



Health

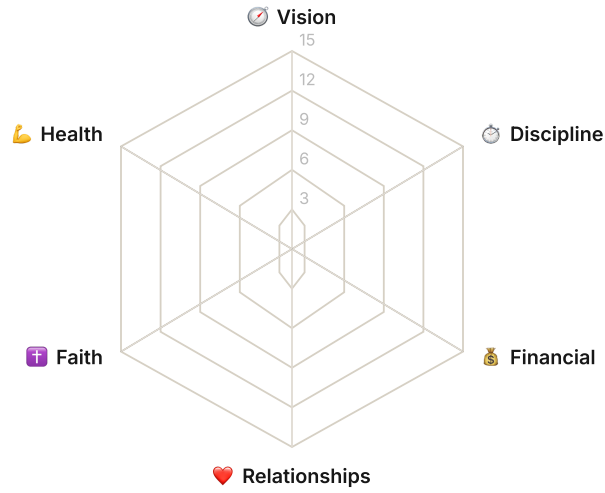


Legacy

TOTAL / 105

Your Life Balance

Plot your category scores on the chart below to visualize where you're strong and where to grow.



Mark your score (out of 15) on each axis and connect the dots. A balanced life fills the whole chart.

What's Next?

Your score is just the starting point. Here's how to take action.



Watch the Focus Formula Channel

Weekly videos on discipline, faith, finances, and building a life of purpose. Real talk — no fluff.

→ youtube.com/@justinnassie



Take the Digital Life Audit

Get your results instantly with a radar chart, personalized recommendations, and category breakdown.

→ focusformula.co/life-audit



Read FOCUSED

The book that started the movement. 7 principles for conquering distraction and living with intention.

→ focusformula.co/book



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