

# Reflective Worksheet

## *Inner Life Self-Audit*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Where are you right  
now \_\_\_\_\_

Use this page to notice what has been shaping your inner life beneath the surface. **Write honestly, not impressively.**

**1. What belief am I currently living by that I didn't consciously choose?**

\_\_\_\_\_  
\_\_\_\_\_

**2. Where in my life am I reacting from fear I've labeled as strategy?**

\_\_\_\_\_  
\_\_\_\_\_

**3. What am I carrying right now that I haven't said out loud?**

\_\_\_\_\_  
\_\_\_\_\_

**4. How would I describe my relationship with my own inner critic?**

\_\_\_\_\_  
\_\_\_\_\_

**5. What do I actually want - not what I think I should want?**

\_\_\_\_\_  
\_\_\_\_\_

*Notice what repeated themes show up. Those are often the doorways into deeper self-knowledge.*