



The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now

Caroline Righton

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Ask yourself the big questions . . .

Are you in control of your life?

Do you find yourself wondering where the time goes?

Are you at a crossroads, unsure of what lies ahead?

Are you doing the things YOU want to do?

Whether you want to simply make more time in a busy schedule or plan a whole new way ahead, Caroline Righton's *The Life Audit* is the solution you've been waiting for. This totally original life makeover looks at life like a balance sheet, and offers an innovative, practical plan to account for the precious minutes in your day and reallocate them for maximum fulfillment. Righton's easy, step-by-step process will help you evaluate, or "audit," the different areas of your life—from relationships and money to family, career, and more—and use simple worksheets to take stock of where you are and get on the fast track to where you want to be. By doing the Life Audit, you will:

Discover exactly how you spend your days

Pinpoint the periods when you are happiest and accomplishing the most

"Audit" out the things and people that create stress and waste your time

Spot your potential and be brave about pursuing it

Make changes that will lead to the life you want

Complete with worksheets, checklists, and the inspiring stories of people who have used Righton's remarkable road map with great success, *The Life Audit* is the ultimate plan for taking charge of your life and making every minute count. No matter where you are in life—a graduate searching for the perfect job or a retiree wondering how to make the most of your days—you can use this system to figure out where you want to go next. Packed with worksheets, charts, and checklists to walk you through the process, and inspiring real-life success stories from Righton's clients, *The Life Audit* is ready to help you take control of your life now—because every minute counts!

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Reva Morison:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now can be great book to read. May be it may be best activity to you.

Rosa Crowe:

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