

THE WHOLENESS  
**AUDIT:**

**5** IDENTIFY THE  
**HIDDEN  
BLOCKS  
HOLDING  
YOU BACK.**

— SWIPE —

## INTRODUCTION:

"Wholeness isn't about being perfect; it's about being undivided. Use this audit to see which pillars of your life are standing strong and which ones need reconstruction.

*Read the five statements below.  
Place a checkmark next to the ones that describe your life right now. Be honest with yourself—this is the first step toward healing.*

— SWIPE —

- ★ **Emotional Clarity:**  
I can identify my feelings without letting them control my day.
- ★ **Healthy Boundaries:**  
I can say 'No' to others without feeling guilty or exhausted.
- ★ **Internal Peace:**  
My inner voice is a friend, not a critic.
- ★ **Personal Purpose:**  
I know who I am outside of my roles as a parent, spouse, or employee.
- ★ **Authentic Living:**  
I no longer feel the need to hide my past or 'mask' my struggles to be accepted.

The Results  
**(The "Mirror")**

— SWIPE —

## IF YOU CHECKED 0–2 BOXES:

### **The Survival Phase:**

You are likely operating in "protection mode." You've been through a lot, and your system is tired. You aren't broken beyond repair; you're just structurally exhausted. It's time to stop just "getting through the day" and start reconstructing.

— SWIPE —

## IF YOU CHECKED 3–4 BOXES:

### **The Fragmented Phase:**

You have strong pillars, but the foundation is inconsistent. You find yourself doing well for a week and then "crashing" when things get hard. You need a sustainability plan to keep your wholeness intact.

— SWIPE —

## IF YOU CHECKED ALL 5 BOXES:

### **The Whole Phase:**

You have a solid foundation! Your journey now is about deepening your impact and mentoring others.