BE FULLY YOU

IS YOUR LIFE ORGANIZED AROUND WHAT YOU VALUE?

A Life-Structure Audit

Discover what your daily life is making possible -
and what it may be quietly keeping out.

Your life may not be producing what you value.
It may be producing what it has been organized to preserve.

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YOUR HISTORY SHAPED YOU. IT DOES NOT HAVE TO FINISH YOU.

SEEING STRUCTURE WITHOUT SELF-JUDGMENT

Before You Begin

This reflective educational tool is not a medical or mental-health assessment.

You may know what matters to you and still struggle to make room for it. This does not necessarily mean you lack motivation, discipline, or commitment.

A life structure forms through repetition, responsibility, adaptation, necessity, and familiarity. Over time, your calendar, environment, relationships, and automatic priorities can continue producing an older life - even after your values have changed.

THE PURPOSE OF THIS AUDIT

To compare what you consciously value with what your life repeatedly reinforces, identify what the current structure may be preserving, and choose one small experiment that creates a new possibility.

How to use it

- Answer from lived evidence, not from who you think you should be.
- Use the previous seven days as your reference whenever possible.
- Notice patterns without treating them as personal failures.
- Choose one small, reversible experiment. Do not redesign everything at once.

What would make this audit useful to you?

PART 1

What Do You Genuinely Value?

Name what you want more of in the life you are living now. Choose what feels personally alive - not what sounds admirable.

(e.g., unstructured time, physical vitality, creative expression, deep conversation.)

Value 1

What would this look or feel like in daily life?

Value 2

What would this look or feel like in daily life?

Value 3

What would this look or feel like in daily life?

Value 4

What would this look or feel like in daily life?

Value 5

What would this look or feel like in daily life?

If one of these values received protected space, which one would change your life most?

PART 2

What Does Your Life Actually Prioritize?

Look at the previous seven days. Where did your resources actually go? Do not evaluate yet; simply gather evidence.

TIME What repeatedly received your hours?

ATTENTION What occupied your thoughts or demanded monitoring?

EMOTIONAL ENERGY Whose needs, moods, or problems did you carry?

MONEY AND RESOURCES Where did your spending make easier or more likely?

RESPONSIBILITY What happened because you considered it non-negotiable?

PART 3

What Is Protected - and What Becomes Optional?

Protected activities happen because a place has been reserved for them. Optional activities happen only when nothing else interferes.

WHAT MY LIFE RELIABLY PROTECTS	WHAT MATTERS BUT REPEATEDLY BECOMES OPTIONAL

What do you notice about the difference?

PART 4

What Might the Current Structure Be Preserving?

A pattern can be limiting and still have an intelligent protective purpose. Check anything your present arrangement may help you maintain or avoid.

- ☐ Predictability
- ☐ Approval
- ☐ Belonging
- ☐ Usefulness
- ☐ Financial stability
- ☐ A familiar identity
- ☐ Avoidance of conflict
- ☐ Freedom from commitment
- ☐ Protection from disappointment
- ☐ Control over uncertainty
- ☐ Other people's comfort or an established family role

What might become uncomfortable, uncertain, or possible if this structure changed?

What part of the present structure still genuinely supports you and should be preserved?

PART 5

Map the Mismatch

Use this page to see the structural pattern at a glance. Complete at least one row fully.

I SAY I VALUE	MY LIFE REINFORCES	THE RESULTING EXPERIENCE	PRIORITY

Complete this sentence: My life is currently organized to preserve...

PART 6

Design One Seven-Day Experiment

Choose one small, reversible change that gives a neglected value protected space. The purpose is to gather evidence, not prove your worth.

The value I want to support:

The structural change I will test:

When and where it will happen:

What I will reduce, pause, decline, or rearrange:

What must remain protected while I experiment:

The evidence I will observe:

RETURN AFTER SEVEN DAYS

What Changed When the Structure Changed?

Your experiment does not need to be perfect. Its value is the information it gives you about energy, resistance, desire, and possibility.

What became easier, more alive, or more possible?

What resistance, guilt, fear, or practical obstacle appeared?

Did the old structure try to restore itself? How?

What did you learn about what you actually need?

The next structural change I want to test is...

FROM INSIGHT TO DESIGNED LIVING

Your Next Step

If this audit revealed a mismatch, you have already done something important: you have moved the problem out of self-criticism and into structure. A structure can be examined, tested, and reorganized.

YOUR TWO OUTCOMES

1. A clearer view of what your life is currently organized to preserve.
2. One practical experiment that creates another possibility.

CHOOSE YOUR NEXT STEP

- [ ] Repeat the experiment for another seven days.
- [ ] Choose a new structural experiment.
- [ ] Explore coaching support with Krysty Page.

ABOUT COACHING

You do not need to email your completed audit. Your answers belong to you. If you choose coaching, you may share only the patterns, questions, or pages you want help interpreting.

Coaching can help you understand why the structure formed, determine what still needs protection, and design changes that expand your choices without creating unnecessary instability.

BEGIN HERE: www.drgaolac.com/life-design-coaching.html

Be fully you.