

THE CHOICE AUDIT

Have you consciously created the life you're living?



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STEP 1

This exercise isn't about judging your life.

It's about noticing which parts still feel like a conscious choice—and which deserve another look.

Think about the main areas of your life. Don't overthink it. Just write the first things that come to mind.

Area of my life	Did I consciously choose this?	If I were choosing today, would I choose it again?	Notes
Family responsibilities	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
Household jobs	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
Volunteering / Commitments	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
Evenings / Free time	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
Work	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
Health & Wellbeing	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	

Add your own...

Area of my life	Did I consciously choose this?	If I were choosing today, would I choose it again?	Notes
	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
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	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	
	☐ Yes ☐ No	☐ Yes ☐ No ☐ Maybe	

STEP 2

Pause and reflect

What surprised you?

Which area feels most out of alignment?

What's one thing you've been doing simply because it's become "normal"?

STEP 3

Don't try to change everything.

Choose one thing.

One conversation.

One commitment.

One expectation.

One habit.

Ask yourself:

**If I were making this decision for the first time today...
would I make the same choice?**

If the answer is no...

What's one small step you could take this week?

*Alignment isn't found.
It's created one conscious choice at a time.*

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