FMB EMPIRES

LIFE DIRECTION AUDIT

A free 15-minute reset for clarity, priorities, and your next move

CLARITY • STANDARDS • ACTION • OWNERSHIP

Build a life that can carry the future you want.

How This Audit Works

Rate each statement from 1 to 5. Use the number that reflects your real life during the last 30 days, not the life you intend to create.

Score	Meaning
1	Not true
2	Rarely true
3	Sometimes true
4	Usually true
5	Consistently true

THE GOAL
This is not a judgment of your potential. It shows where your current foundation is supporting you and where it needs attention.

Clarity

Statement	Score (1-5)
I can name the three things that matter most right now.	
I know which problem deserves attention first.	
My goals are written and specific.	
I have a trusted place for tasks and ideas.	
I can explain what I am building this year.	
AREA TOTAL	

What is the most honest observation from this section?

Identity and Standards

Statement	Score (1-5)
My actions match the person I want to become.	
I have standards that guide difficult choices.	
I keep small promises to myself.	
I have boundaries that protect important priorities.	
I respond to mistakes without abandoning myself.	
AREA TOTAL	

What is the most honest observation from this section?

Habits and Energy

Statement	Score (1-5)
My routines fit my real schedule.	
I protect time for sleep, recovery, or health.	
I know when my best focused energy is available.	
I have a minimum version of important habits.	
My environment makes good choices easier.	
AREA TOTAL	

What is the most honest observation from this section?

Money Foundation

Statement	Score (1-5)
I know my monthly take-home income.	
I know my essential expenses and debt payments.	
I have a clear plan for saving or debt reduction.	
I separate long-term investing from high-risk money.	
My spending reflects my priorities.	
AREA TOTAL	

What is the most honest observation from this section?

Work and Ownership

Statement	Score (1-5)
I am developing skills that can improve my income.	
I can name the customer or problem I want to serve.	
I understand the difference between active income and assets.	
I am building or testing something repeatable.	
My work is moving me toward greater control of my time.	
AREA TOTAL	

What is the most honest observation from this section?

Relationships and Support

Statement	Score (1-5)
The important people in my life know what I am working toward.	
I protect meaningful time with family or close relationships.	
I ask for help or advice when it is useful.	
My boundaries are communicated clearly.	
I have at least one person who supports honest growth.	
AREA TOTAL	

What is the most honest observation from this section?

Purpose and Direction

Statement	Score (1-5)
I know what values I want my life to demonstrate.	
I can describe a meaningful three-year direction.	
I regularly do something that feels useful beyond myself.	
I know what I need to stop, park, or simplify.	
I have one clear outcome for the next 90 days.	
AREA TOTAL	

What is the most honest observation from this section?

Your Results

Area	Score out of 25	Attention level
Clarity		
Identity and Standards		
Habits and Energy		
Money Foundation		
Work and Ownership		
Relationships and Support		
Purpose and Direction		
TOTAL	/ 175	

Interpretation

Total score	What it suggests
140-175	Your foundation is generally strong. Focus on the lowest area and raise the standard.
105-139	You have useful strengths, but inconsistency or competing priorities are creating drag.
70-104	Several areas need structure. Reduce the number of active goals and rebuild one layer at a time.
35-69	Your foundation needs immediate simplification and support. Begin with basic stability, one next action, and appropriate professional help where needed.

DO NOT CHASE THE TOTAL

Your lowest area is usually more useful than your overall score. Strengthen the part of the foundation that is creating the most pressure elsewhere.

Your Seven-Day Reset

Day	Action
1	Write every open loop and choose one priority.
2	Define one standard and its minimum version.
3	Remove one source of friction from your environment.
4	Review income, essentials, debt, and available cash.
5	Identify one skill, offer, or asset worth testing.
6	Have one honest conversation or set one needed boundary.
7	Choose one 90-day outcome and schedule the first action.

My lowest area is...

The first action I will take is...

I will complete it by...

NEXT STEP
The Unbreakable Foundation Workbook takes you deeper through clarity, standards, habits, money, ownership, purpose, and a complete 90-day plan.

YOUR NEXT STEP

Keep building from here.

You chose where to begin. Now turn that direction into a plan.

Use your free Life Direction Audit first. One small action today is enough.

When you are ready for a broader plan

Unbreakable Foundation is a separate guided workbook for connecting your priorities, habits, standards, and goals.

Use it to turn your next step into a practical 90-day plan you can keep coming back to.

One-time purchase: $19 CAD, taxes included.

Explore the Unbreakable Foundation Workbook

fmbempires.com

The workbook is optional. Your free reset is yours to use.