



THE GAME OF CHANGE

360° Self-Audit

Take stock of where you are, how that compares with your ultimate goals, and put yourself on the right track.

GETTING A COMPLETE AND THOROUGH ASSESSMENT OF YOUR LIFE
CAN FEEL LIKE A DAUNTING TASK...BUT IT DOESN'T NEED TO BE!



I'm taking the pain out of getting the picture. See how you align with your goals and whether your life and actions right now are helping you towards achieving your ultimate aims: all you have to do is answer the questions in the following pages honestly!

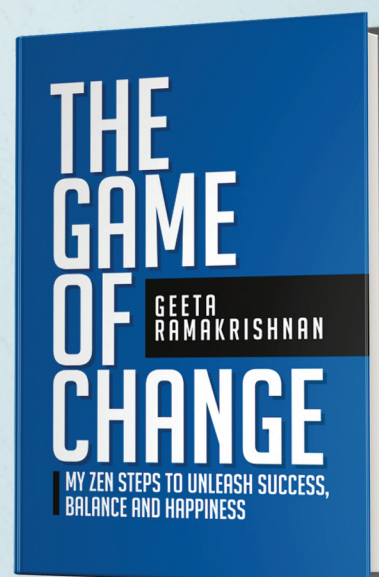
IF YOU LIKE THIS GUIDE

Check out my book!

AVAILABLE ON ALL LEADING PLATFORMS

amazon BARNES & NOBLE

kindle 





Physical Wellness

We're starting off with assessing your health, because without it, nothing else matters. Health is truly the #1 priority!

1 What does nutrition and healthy eating look like for you?



.....

.....

.....

.....

.....

Geeta Recommends

- 👉 Have three balanced meals every day. One plate/meal should have $\frac{1}{4}$ whole-grain carbs + $\frac{1}{4}$ lean protein + $\frac{1}{2}$ t colourful vegetables.
- 👉 Include 1-2 cups of fruits in your diet every day
- 👉 Have at least 2 to 3L of water every day

2 What does a good night's sleep look like for you?



.....

.....

.....

.....

.....

Geeta Recommends

- 👉 Get 6-8 hours of sound sleep every night
- 👉 1-2 hours must be REM sleep (2-3 REM cycles) + 1-2 hours of deep sleep

3 What is your aerobic/cardio and anaerobic/strength training exercise routine?



.....

.....

.....

.....

.....

Geeta Recommends

- 👉 Get ½ hour of moderate cardio/aerobic activities per day for 5 days/week and ½ per day for 2 days/week.
- 👉 Your maximum heart rate should be (220–your age). E.g. if you are 50 years old, it should be 220–50 = 170 beats per minute (BPM). Your range should be 64% = 109 to 76% - 129 BPM.

4 What is your relationship with your physical body like? (Looks, weight etc.)



.....

.....

.....

.....

.....

If you don't measure it, you can't fix it! Consult your physician where needed and put down these values:

- General physical health rating
- Energy level
- Waist to hip ratio
- Weight (kg)
- BMI
- Blood pressure
- Fasting sugar and HbA1C
- (Haemoglobin test)

Geeta Recommends

- 👉 Weight by itself is insufficient to determine your physical fitness! However, an approximate average range you should be in is 60-75 kg for men and 50-65 kg for women.
- 👉 A waist circumference over 40 inches for men and 35 inches for women inches poses health risks.
- 👉 A waist to hip ratio of 0.9 or less in men and 0.85 or less in women contributes to good health.
- 👉 Calculate your BMI with the formula (Weight in kg / height in m²). For most adults, an ideal BMI is in the 18.5 to 24.9 range.



Mental Wellness

Mental health is often overlooked, but it's equally as important as physical health! It affects how we think, feel, and act as we cope with life. It directly impacts physical wellness too.

1 Do you get anxious fast? How are your stress levels?



.....

.....

.....

.....

.....

2 Do you feel mentally fatigued? How is your mental energy?



.....

.....

.....

.....

.....

3 What are your relaxation methods? How effective are they?



.....

.....

.....

.....

.....



Self-Development

Personal development helps you define your personal vision and life goals more clearly. It keeps you motivated, refreshed, refines skills you enjoy, and helps you reflect on your talents.

1 **What are your hobbies? How many hours per week do you devote to them?**



.....

.....

.....

.....

.....

2 **What is your goal and purpose in life? Where are you in relation to that right now?**



.....

.....

.....

.....

.....



Professional life

With the amount of time spent at work, it's very important to find meaning in what you do! Know what motivates you, discover whether it is serving your goals, and find your purpose.

1 How many hours per week do you spend on your career?



.....

.....

.....

.....

.....

2 What do you do to upskill yourself? How much time do you invest towards learning?



.....

.....

.....

.....

.....

3 How is your work-life balance and time management skills?



.....

.....

.....

.....

.....



Finance

A lot of your stresses and worries can go away if you become more financially literate! Finance is not just about making money – it's about making smart and informed decisions managing it.

1 How are your financial planning skills?



.....

.....

.....

.....

.....

2 What are you doing to learn how to grow financially?



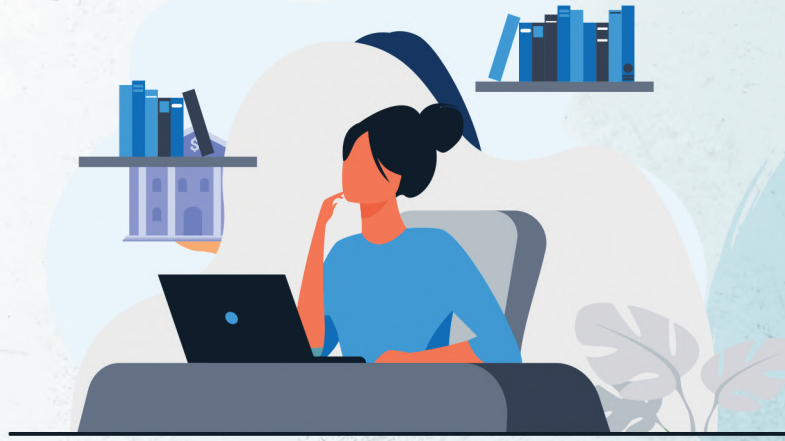
.....

.....

.....

.....

.....



Time to Reflect!

It's time to bring it all together! Filling in this audit is a great start, but reflecting is what will truly help you develop and progress, rather than fall back into old patterns and just carry on doing things as you have always done. Start by questioning, in a positive way, what you do and why you do it, and then deciding whether there is a better way.

List your unhelpful habits and addictions and let them go!

- Excessive social media
- Procrastinating
- Obsessions and compulsions
- Anger management issues
- Being a victim
- Inability to say NO

.....

.....

.....

.....

.....

Win the game of change with me

I know you sometimes feel like you can't win. When you feel like you succeed at work, you falter at home. These guides are made just for you, brave daughter, mother, professional, manager, entrepreneur, homemaker, dreamer, and achiever. Whoever you are, I'm here to equip you to find balance and reach your Zen state, just like I learned to do.

Wouldn't it be amazing to feel like you could take on anything life can throw at you?

Visit my website coachingwithgeeta.com to download more free and premium resources just like this one.

ABOUT ME

Geeta Ramakrishnan is an ontological coach who grew up in Mumbai, India.

She is the author of the Amazon #1 bestselling book *The Game of Change*. She is keenly interested in and intrigued by human behavior.

She is on a mission to empower women to win the game of change by providing the tools to lead a stress-free and meaningful life, in joy and peace.

