

LIFE EXPANSION · THE ENTRY POINT

The Unlived Life Audit

Thirty minutes. See where your life is going, and whether you chose it. One page you keep.

You are going to die.

Most people never get what they want. Hard work is not enough. You can work for years and still build a life you never chose.

Drift does that. A life run by default: fear, habit, other people's goals, yesterday's decisions. You can drift at eighty hours a week.

This audit takes thirty minutes and asks six questions. It does not tell you what to want. It shows you what you are spending your life on, and lets you choose.

Write the first true answer. Do not make it sound better. Nobody reads this but you.

When you finish, page 8 holds one page you keep:

- what you want;
- where your life is going now;
- the gap between them;
- what has been stopping you;
- what changes now;
- your first move.

Get a pen. Put the phone where you cannot see it. Start with question 1.

BEFORE YOU START

On a phone, write in your notes app or on paper. Page numbers match in both editions.

1

QUESTION 1

What do you want?

Not what sounds respectable. Not what you inherited. Not what would impress the people you grew up with. What do you want?

It can be anything. A company, a marriage, a body, a quiet house, money you use, a faith you hold fully, ten acres and nobody bothering you. This audit does not judge the answer. It only asks that it be yours.

What do you want? One sentence. Start with the words “I want”.

Make it concrete. What does one normal week of that life look like? Where do you wake up, what fills the day, who is in it, what do you no longer do?

What are you willing to spend on it? Time, money, comfort, approval. Name the price.

2

QUESTION 2 · THE LEDGER

Where is your life going now?

What you spend is what you are living. Not the story you tell about your priorities. The hours, the money, the attention. Read the ledger before you judge it.

Last week: what got most of your waking hours? Top five, biggest first. Include the phone.

Last month: what got most of your money after rent and bills?

What got your attention when nothing forced you? Worry, feeds, people, work. Name them.

What did you not do because you were afraid? One thing you wanted and did not spend on.

Mark each line above: chosen, or default.

3

QUESTION 3

What is the gap?

Put question 1 next to question 2. The distance between them is your actual life. What would have to be true for the week you live to start resembling the week you want?

The three biggest differences between the week you live and the week you want:

Which difference costs you the most? Why that one?

If nothing changes, where are you in five years? One sentence. Not the worst case, not the best case. The likely case.

You can skip this.

4

QUESTION 4

You do not need to name anyone. Describe the situation and leave the person out of it.

What has been stopping you?

Decisions you keep postponing. Situations you keep entering. Habits, defaults, people. And under most of it, fear: of losing money, of being wrong, of what people will say, of a disaster that has not happened.

Fear gets a vote. It does not get the veto. Name the fear, then name the real risk, then choose.

A decision you keep postponing:

A habit or default that eats the time:

A situation or person that pulls you off course:

The fear that has held the veto. Say it plainly.

The real risk, in one sentence. What happens if it goes wrong, and would you survive it?

Knowing that, what do you choose?

5

QUESTION 5

What changes now?

Choose. Commit. Spend. A choice with nothing spent on it is a wish. Decide what stops, what starts, what goes first, and what you will put behind it this week.

Small changes count if they remove a real obstacle. Big changes count if you mean them. A wrong business, a wrong relationship, a wrong city and six hours a day on nothing are all fair answers.

Stop:

Start:

Put first:

What I will spend on it this week. Hours on the calendar, money, a conversation, a risk.

What loses so this can win? Something has to.

6

QUESTION 6

What do you do first?

One move. Small enough to finish today, real enough to count. Act before conditions are perfect. They will not be.

You have a finite number of days. Today is one of them.

My first move:

When, and where:

What could stop it? Decide now what you do if that happens.

Your Audit

PAGE 8 · THIS IS
WHAT YOU LEAVE
WITH

Copy your answers here in your own words. Photograph this page.
Read it before you decide anything big.

WHAT I WANT

The life you are choosing.

WHERE MY LIFE IS GOING NOW

What the ledger says you are living.

THE GAP

What separates the two.

WHAT HAS BEEN STOPPING ME

The decisions, defaults, people or fears that matter.

WHAT CHANGES NOW

What stops, what starts, what I spend.

FIRST MOVE

What happens next, and when.

Intentions have to survive contact with reality.

AFTER THE AUDIT

Keep page 8. Read it before you make a big decision.

Life moves. When the week you are living stops matching page 8,
that is the signal.

Redo the Audit. Write it again with the life you have now.

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