On Your Sleeve Co.

Self-Audit

✨ How to Use This Self-Audit

This is not about fixing yourself. This is about listening to yourself.
Find a quiet moment. Be honest. No one else will see this unless you choose to share it.

Rate each statement based on how true it feels **right now**.

Scale:

1 = Not true at all 2 = Rarely true 3 = Sometimes true 4 = Mostly true 5 = Very true

SECTION 1: INNER WORLD – How aligned do you feel with you?

I feel emotionally regulated most days	1 2 3 4 5
I trust my intuition when making decisions	1 2 3 4 5
I feel safe expressing how I truly feel	1 2 3 4 5
I know what I want — not just what's expected of me	1 2 3 4 5
I feel connected to my values	1 2 3 4 5
I give myself permission to rest without guilt	1 2 3 4 5
I believe I am worthy of the life I desire	1 2 3 4 5

Total ☐

Reflection Prompt:

Where do you feel the most disconnected from yourself right now?

On Your Sleeve Co.

SECTION 2: INNER DIALOGUE – The stories you're telling yourself

My inner voice is supportive rather than critical	1	2	3	4	5
I catch myself when I spiral into overthinking	1	2	3	4	5
I don't let fear make my decisions for me	1	2	3	4	5
I feel confident setting boundaries	1	2	3	4	5
I believe change is possible for me	1	2	3	4	5
I feel proud of how far I've come	1	2	3	4	5

Total ☐

Reflection Prompt:

What belief or thought pattern feels like it's holding you back the most?

On Your Sleeve Co.

SECTION 3: COMMUNICATION & CONNECTION – How you show up with others

I communicate my needs clearly	1	2	3	4	5
I feel seen and understood in my relationships	1	2	3	4	5
I don't over-explain or people-please	1	2	3	4	5
I speak up even when it feels uncomfortable	1	2	3	4	5
I feel supported by my community	1	2	3	4	5
I feel aligned in my closest relationships	1	2	3	4	5

Total ☐

Reflection Prompt:
Where are you holding back your truth?

On Your Sleeve Co.

SECTION 4: ACTION & DIRECTION – Living your next chapter

I have a clear vision for my next season	1	2	3	4	5
My daily habits support the life I want	1	2	3	4	5
I take aligned action even when fear is present	1	2	3	4	5
I feel energized by what I'm working toward	1	2	3	4	5
I follow through on commitments to myself	1	2	3	4	5
I feel excited about my future	1	2	3	4	5

Total ☐

Reflection Prompt:
What's one action you know you've been avoiding?

On Your Sleeve Co.

SECTION 5: YOUR RESULTS – Where are you right now?

This isn't about passing or failing.
This is about noticing.

Add up your scores for each section:

Inner World (Connection to Self): ____ /35

Inner Dialogue (The Stories You Carry): ____ /30

Communication & Connection: ____ /30

Action & Direction: ____ /30

Take a breath before you read on 🤍

What Your Scores Are Gently Showing You

If most of your answers were 4s or 5s:

You're already living with awareness and intention — and you may be feeling a quiet nudge that says, "There's more for me."

This is expansion energy. Refinement. Stepping into the next, truer version of you.

If most of your answers were 3s:

You're at a meaningful crossroads. You can feel what's not fully aligned anymore, even if you can't yet name exactly what needs to change.

This is the moment where clarity wants to meet courage.

If most of your answers were 1s or 2s:

You are not behind. You are not broken.

You've likely been carrying more than you were meant to hold alone. These scores don't reflect failure — they reflect a call for support, softness, and self-trust.

On Your Sleeve Co.

SECTION 6: THE HEART-ON-SLEEVE MOMENT

✨ *Awareness is the first act of bravery.*
And you just chose it.

A Gentle Reflection (Don't Skip This)

Answer one or all — whatever feels right:

What section felt the heaviest to score?
What do I want more of?
If nothing changed in the next 6 months, how would I feel?
What would it mean to fully support myself?

On Your Sleeve Co.

One Small Aligned Action

Based on what you learned, write one action you will take this week — not to overwhelm yourself, but to honor yourself.

If this audit brought clarity — imagine what intentional guidance could bring.
You don't have to navigate this next chapter alone.

On Your Sleeve Co. exists to help you:

Rewrite limiting stories
Regulate emotions
Communicate boldly
Take aligned action
Build a life that feels just right for you

👉 **Next Step Options (you choose):**

Book a clarity call
Join Write Your Next Chapter
(Insert link + gentle reassurance here)