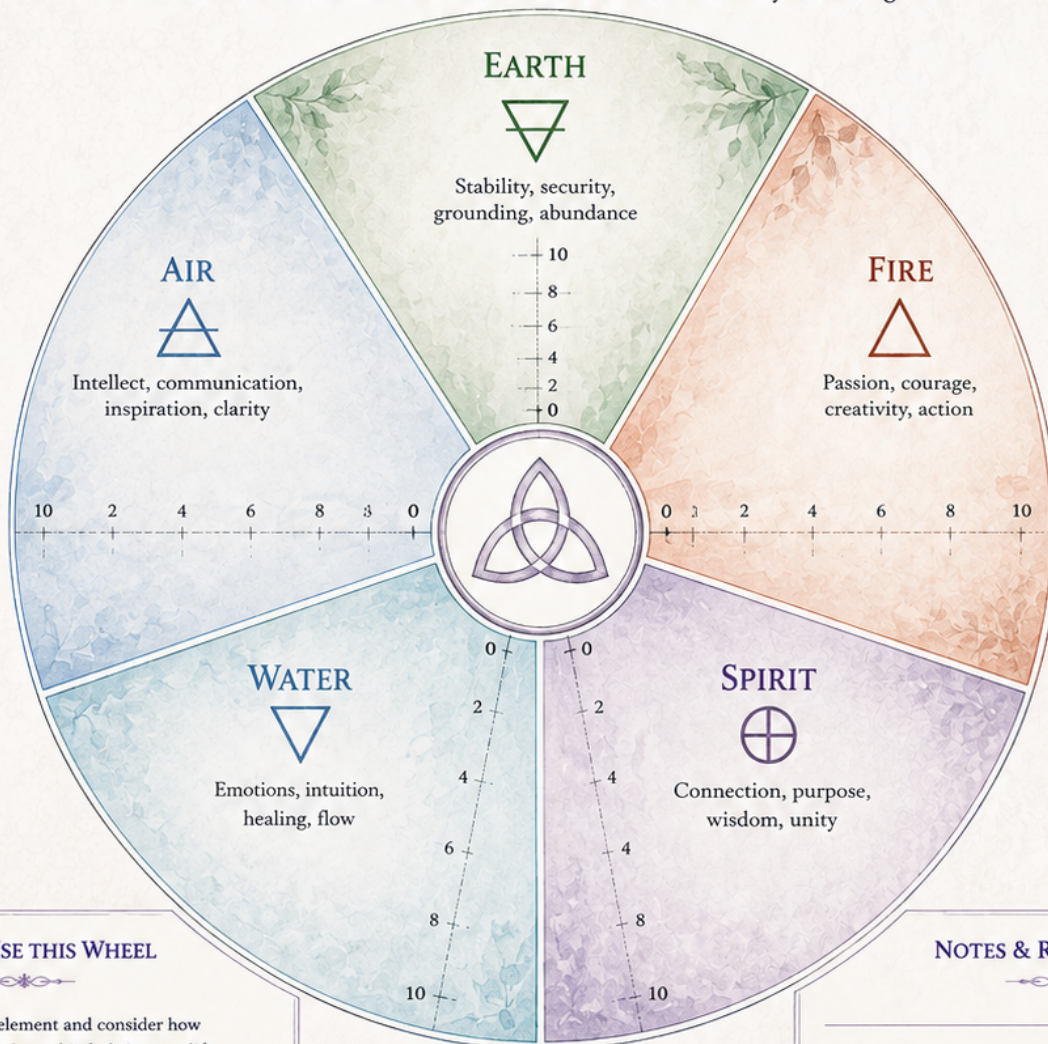


ELEMENTAL *Life Audit*

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The five elements each play an important role in our lives. When one element is out of balance, it can affect our physical, emotional, and spiritual well-being.

Take a moment to reflect on how balanced each element feels in your life right now.



HOW TO USE THIS WHEEL

- Look at each element and consider how present and balanced it feels in your life.
- On the scale of 0 to 10:
0 = Not present or very out of balance
10 = Very present and well balanced
- Shade in each section of the wheel up to the number that best represents your current experience.

NOTES & REFLECTIONS



Balance is a journey, not a destination. This is a snapshot of where you are right now. You can return to this audit anytime and watch how your balance shifts over time.



ELEMENTAL LIFE AUDIT

Life Area Assessment



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The elements influence every area of our lives. Reflect on the areas below and rate how balanced each element feels in your life right now.

Use the scale from 1 to 5:

1 = Very Out of Balance 2 = Out of Balance 3 = Somewhat Balanced 4 = Balanced 5 = Very Balanced

LIFE AREAS	RATE EACH ELEMENT						NOTES & INSIGHTS <i>What stands out to you?</i>
	 EARTH	 AIR	 FIRE	 WATER	 SPIRIT		
 PHYSICAL HEALTH My body, energy levels, rest, and overall well-being.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 EMOTIONAL WELL-BEING My feelings, emotional stability, resilience, and self-compassion.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 MENTAL & INTELLECTUAL GROWTH My thoughts, learning, creativity, focus, and curiosity.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 SPIRITUAL CONNECTION My connection to the Divine, intuition, and spiritual practices.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 RELATIONSHIPS My connections with family, friends, partner, and community.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 HOME & ENVIRONMENT My living space, surroundings, and sense of sanctuary.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 WORK & PURPOSE My career, daily activities, and alignment with my purpose.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		
 FINANCES & ABUNDANCE My relationship with money, resources, and abundance.	1 2 ☐ ☐	3 4 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐	1 5 ☐ ☐		

OVERALL REFLECTION

What patterns do you notice? Which elements feel strongest in your life? Which need more attention?





ELEMENTAL LIFE AUDIT

My Action Plan



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Every journey begins with an intention.
Use this page to create a plan for bringing more balance into your life.



1. THE ELEMENT NEEDING ATTENTION

Which element feels most out of balance right now? _____



2. WHY DOES THIS ELEMENT NEED ATTENTION?

What's showing up in your life that suggests this element needs more support?



3. THREE PRACTICAL ACTIONS

What simple, everyday actions can you take to bring more balance to this element?

1. _____

2. _____

3. _____



4. ONE MAGICAL PRACTICE

What magical practice will you do to connect with and strengthen this element?



5. DATE TO REVIEW PROGRESS

When will you check in with yourself and reflect on your progress?



INTENTION & COMMITMENT

Write a small intention or commitment to yourself as you begin this journey.





ELEMENTAL CHECK-IN

Monthly Balance Tracker



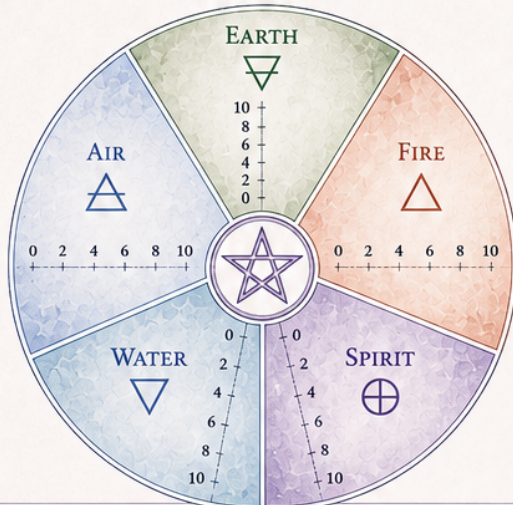
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As the seasons change, so do we. Use this page each month to check in with your elemental balance and notice how your energy shifts over time.

MONTH / YEAR: _____

1. ELEMENTAL BALANCE WHEEL

Shade each element from 0 (very out of balance) to 10 (very balanced) based on how you feel right now.



2. QUICK RATING TABLE

Rate each element from 1 to 10.

ELEMENT	THIS MONTH (1-10)	LAST MONTH (1-10)
 EARTH		
 AIR		
 FIRE		
 WATER		
 SPIRIT		



3. WHAT FEELS MOST BALANCED?

What element feels strongest or most supported right now?



4. WHAT NEEDS MORE ATTENTION?

What element feels most out of balance or needs extra care?



5. WHAT'S INFLUENCING YOUR BALANCE?

Events, emotions, environment, habits, or anything shaping your energy right now.



6. WINS, INSIGHTS & GRATITUDE

What went well this month? What insights did you gain?
What are you grateful for?



7. INTENTION FOR NEXT MONTH

What is one intention you want to carry forward?

LOOKING BACK OVER TIME

After a few months, look back at your check-ins.
What patterns do you notice? How has your balance evolved?



You are always evolving. Trust the flow, honor your journey, and keep returning to balance. ♥