

THE TABLE AUDIT

Five Legs, Twenty-Five Statements

Score each statement from 1 (false for me right now) to 5 (true for me right now).

Answer for the last ninety days, not your best season and not your worst.

THE FINANCIAL LEG

1. I know my key numbers (monthly spend, total debt, months of runway) without having to look them up. 1 2 3 4 5
2. Money worries are not waking me at night or intruding on my focus during the day. 1 2 3 4 5
3. I could absorb a significant surprise expense without it becoming a crisis. 1 2 3 4 5
4. My career decisions are being made from strategy, not from financial fear. 1 2 3 4 5
5. I am building toward a defined financial future, not just defending the present. 1 2 3 4 5

Total: _____ / 25

THE EMOTIONAL LEG

1. I can usually name what I am feeling while I am feeling it. 1 2 3 4 5
2. Under pressure, I respond more often than I react. 1 2 3 4 5
3. The people closest to me are getting my best, not my leftovers. 1 2 3 4 5
4. I have at least one relationship in which I am fully honest. 1 2 3 4 5
5. After conflict, I repair quickly rather than letting it sit. 1 2 3 4 5

Total: _____ / 25

THE MENTAL LEG

1. I get unstructured thinking time at least once a week. 1 2 3 4 5
2. I can focus deeply without constant switching or interruption. 1 2 3 4 5
3. My open loops are written down somewhere, not carried in my head. 1 2 3 4 5
4. I am currently learning something that stretches me. 1 2 3 4 5
5. My inner voice sounds more like a coach than a critic. 1 2 3 4 5

Total: _____ / 25

THE SPIRITUAL LEG

- | | | | | | |
|--|---|---|---|---|---|
| 1. I can state why I work this hard in a single sentence. | 1 | 2 | 3 | 4 | 5 |
| 2. I feel connected to something larger than my career. | 1 | 2 | 3 | 4 | 5 |
| 3. My daily decisions generally line up with my stated values. | 1 | 2 | 3 | 4 | 5 |
| 4. I have a regular practice, in whatever form, that grounds me. | 1 | 2 | 3 | 4 | 5 |
| 5. If my title disappeared tomorrow, my sense of meaning would survive it. | 1 | 2 | 3 | 4 | 5 |
| Total: _____ / 25 | | | | | |

THE PHYSICAL LEG

- | | | | | | |
|--|---|---|---|---|---|
| 1. I sleep enough that I wake up ready, most days. | 1 | 2 | 3 | 4 | 5 |
| 2. I move my body most days of the week. | 1 | 2 | 3 | 4 | 5 |
| 3. I eat the way I would advise someone I love to eat. | 1 | 2 | 3 | 4 | 5 |
| 4. I get preventive care instead of waiting for alarms. | 1 | 2 | 3 | 4 | 5 |
| 5. My energy at the end of the workday is enough for the people at home. | 1 | 2 | 3 | 4 | 5 |
| Total: _____ / 25 | | | | | |

READING YOUR TABLE

21–25: this leg is solid. Maintain it, and notice what maintains it. 13–20: this leg is wobbling. It will hold for now, but it is where the next shortening starts. 5–12: this leg is shortened, and it is currently setting the stability of everything else, no matter what the other four scored.

Three things to notice. First, your shortest leg: the table is only as level as its lowest number, so averages flatter and minimums tell the truth. Second, the gap: strong legs can hide a failing one. Third, the coin. For each leg, ask one final question: is my career currently depositing into this leg or drawing from it?

My shortest leg this quarter: _____

THE QUARTERLY REVIEW

One Page. Four Times a Year.

DATE: _____

1. THE TABLE — audit totals

Financial: _____ / 25

Emotional: _____ / 25

Mental: _____ / 25

Spiritual: _____ / 25

Physical: _____ / 25

Shortest leg: _____

2. THE COIN — one honest sentence each

Autonomy: _____

Mastery: _____

Purpose: _____

Role: _____

Title: _____

Pay: _____

3. THE THEME

This quarter is about: _____

Not five priorities. One.

4. THE APPOINTMENT

Next review (ninety days out, on the calendar): _____

Nothing in this book happens by accident. Neither will this.