



LIFE WITH MOK

THE LIFE AUDIT

*A quiet moment to notice where you are -
and what you might want more of.*

I have learned that a life can change more than once. I have changed where I live, how I work, how I spend my time and, perhaps most importantly, what I think a good life looks like. None of it began with a perfect plan. It began by noticing what felt right, what felt heavy, and what I wanted to be different.

Give yourself twenty quiet minutes. There are no right answers.

- Mok



01

WHERE AM I NOW?

Think about how each part of your life feels today - not how it looks from the outside.

Circle a number quickly. Instinct is enough.

HOME

Does where I live support the life I want?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

WORK

Does my work give me enough meaning, freedom or reward?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

MONEY

Do I feel reasonably secure and in control?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

RELATIONSHIPS

Do I feel known, loved and connected?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

HEALTH & ENERGY

Do I have enough energy for the life I want to live?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

TIME

Does my week contain enough space for me?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

JOY

Is there enough pleasure, play and beauty in ordinary life?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

PURPOSE

Do I feel I am moving towards something that matters to me?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

What do you notice?

Which score surprised you - either because it is lower or higher than you expected?



02

WHAT FEELS LIKE MY LIFE?

Change does not always begin with what is wrong. It can begin by noticing what you want to keep.

MORE OF THIS

What do I want more of in an ordinary week?

LESS OF THIS

What am I ready to have less of?

I WANT TO PROTECT

What already feels good, precious or very me?

I HAVE LEARNED TO TOLERATE

What have I accepted simply because it has become normal?

A useful question:

If nothing changed for the next three years, how would I feel?



03

FROM IMAGINING TO DOING

You do not need a five-year plan. Start with an ordinary day - then notice the gap between that day and the life you are living now.

1 IMAGINE YOUR ORDINARY TUESDAY

Where do you wake up? What fills your day? Who do you see? How does work fit around life? What do you have time for?

2 NOTICE THE GAP

Look back at what you wrote. What is one difference between that Tuesday and your life today that you could actually influence?

3 CHOOSE ONE SMALL CHANGE

The change I will make in the next 30 days:

My first tiny action:

I will do it by:

I will tell / check in with:

MAKE IT EASIER TO KEEP

Put the first action in your diary now. Tell one person. Then choose a simple weekly check-in: "Did I do what I said I would do? What helped? What got in the way? What will I do next?"

ONWARDS



MY STORY

I never expected to build the life I live now. I grew up in London and spent much of my career working around the world. Then, over a period of just fourteen months, I lost my brother, my father and my mother, as well as my job and my home. At one point I was living on about £20 a week.

I went to the countryside because I needed somewhere to begin again. I met the man who became my husband, rebuilt my work, and slowly started making different choices about what I wanted from life. Years later, those choices brought me to a little castle in rural Wales.

I still work, plan, worry, change my mind and get things wrong. But I have learned that changing your life is rarely one heroic leap. It is usually a series of smaller decisions about what matters, what is enough, and what you are ready to do differently.

That is why I made this Life Audit. I hope it helps you notice your own next step.

Onwards,

Mok x

KEEP IN TOUCH

Life With Mok

Instagram @lifewithmok

YouTube LifeWithMok

www.countrylivingwithmok.com

hello@countrylivingwithmok.com

If this audit made you curious about what comes next, stay close. I am creating more around changing your life - gently, practically and in your own way.