

THE DREAM ARCHITECT · THE LIFE AUDIT

The Life Audit

Tell the truth about where you are right now.

The Discover prompts I use with every client. One honest evening.

BY WARA · DREAM IT. BUILD IT. LIVE IT.

A LETTER FROM WARA

Hi love.

I'm so glad you're here. The fact that you opened this means something already shifted. You felt the pull. That quiet voice saying there has to be more than this.

Let me tell you what this is and what it isn't. It isn't a test. It isn't homework. It's a warm-up for your brain and your heart. If you've ever painted a wall, you know the primer is what makes the color actually stick. That's what this notebook is. Primer before paint.

I'm going to ask things that might feel big. Take your time. Skip anything that doesn't fit. Come back to it. Grab a coffee, a glass of wine, whatever helps you relax and be honest with yourself, and just talk to me through these pages.

Here's the rule. The only rule. Be honest. Not the version of you that shows up for everyone else. The real you. Nobody is grading this. Nobody is watching. You don't have to have it figured out yet. That's what this notebook is for.

One more thing, from someone who was the girl who was behind, broke, overwhelmed and deeply unsure she could do any of this: you are not too late. You are not too much. You do not have to be perfect. You just have to try.

Little by little. One truth at a time.

With you, Wara

HOW TO USE THIS NOTEBOOK

Five prompts, one next step. Do one page a night or all of it in one sitting with the phone in another room. Write in full sentences. Cross things out. Nobody reads this but you, until you decide otherwise.

"You don't need to do this perfectly. You need to do it on purpose."

TICK WHAT'S TRUE RIGHT NOW

- [ ] Scared. Afraid I can't do it. Afraid it's too late.
- [ ] Lonely. I need a friend. Maybe nobody has ever believed in me.
- [ ] Guilty. For wanting more. For thinking about myself.
- [ ] Numb. Just surviving. Going through the motions.
- [ ] Frustrated. I can't figure out how to get from here to there.
- [ ] Overwhelmed. I have the desire but not the roadmap.

DISCOVER · PROMPT ONE

What is *working.*

Before you name the hard things, name what is already good.

What parts of your life are quietly working? What are you grateful for, even on the heavy days? What would you miss if it were gone tomorrow? Go slow. Let it come. Nothing is too small for this page.

WHY WE START HERE

Most women skip straight to what's wrong. But a blueprint is built on foundations, and you have more of them than you think. We don't tear those down. We build on them.

DISCOVER · PROMPT TWO

What you're carrying *that nobody else sees.*

The weight. The things you don't put down.

Walk me through a normal day, morning to pillow. Then tell me what's underneath it. The worry your brain won't stop chewing on at night. The thing you've been holding so long it feels like part of you. Put it on the page so you can finally look at it.

DISCOVER · PROMPT THREE

Who takes care *of you?*

Take your time on this one.

First, who are the people you take care of? Your people. Who counts on you. Then, honestly: who takes care of you? Who do you call when you're messy? Who supports your growth, and who makes it harder? If the second list is short, that's not a failure. It's information. We're going to use it.

The people I take care of

The people who take care of me

What support would actually feel like

DISCOVER · PROMPT FOUR

Who were you *before life got loud?*

Before the roles, the responsibilities, the noise.

When was the last time you felt like yourself? Really yourself. Not performing. Not holding it together. What did you love before anyone needed you? What were you like as a kid, before the world told you who to be? If you had to describe yourself in five words right now, what would they be? And five words for her, the one before it got loud?

FROM MY STORY

I was strong, determined, rebellious, curious, and I always knew what I wanted. At two years old I sent back a chocolate dessert I didn't like. The things I was criticized for as a child became my strengths as a woman. Yours probably did too.

DISCOVER · PROMPT FIVE

The dream you *don't say out loud.*

If fear wasn't a factor, what would you be building?

If nobody was watching, judging or counting on you. If money wasn't an issue and failure wasn't possible. The house. The business. The debt gone. The trip. The move. The thing you've only whispered to yourself. Write it here in full sentences, in the present tense, like it's already true. Then write what's in the way. Name it. Out loud. On the page.

The dream

What's in the way

What I've already tried

DISCOVER · ONE NEXT STEP

One year from now, *confident and clear.*

Describe her. Describe her life. Describe her morning.

When you picture yourself one year from now, kicking ass, what has changed? What's different for you, your family, your future? Then the only question that matters this week: what is one small step you can take in the next seven days? Not the whole staircase. One step.

Her, one year from now

My one step this week

A PROMISE, NOT A PEP TALK

You did it. You told the truth. That's the work, and most people never do it. If you want to talk it through, book a free call at shearchitectsdreams.com/book, or take the free Strengths Assessment at shearchitectsdreams.com/strengths. I'll have read every word before we meet.

Dream it. Build it. Live it. Wara

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