

Seven-Currency Audit

Money is one currency among seven. Score each honestly — your first instinct is usually right.

Circle or mark a score from 1 (nearly empty) to 5 (rich) for each account. There are no wrong answers.

Financial Money and what it secures	☐	☐	☐	☐	☐
	1	2	3	4	5
Time Hours that are yours to direct	☐	☐	☐	☐	☐
	1	2	3	4	5
Physical Health, energy, mobility	☐	☐	☐	☐	☐
	1	2	3	4	5
Relationship People who show up, and for whom you would	☐	☐	☐	☐	☐
	1	2	3	4	5
Knowledge Skills, judgment, understanding	☐	☐	☐	☐	☐
	1	2	3	4	5
Purpose The sense your effort matters	☐	☐	☐	☐	☐
	1	2	3	4	5
Freedom The choices genuinely available to you	☐	☐	☐	☐	☐
	1	2	3	4	5

My lowest account — and one deposit I can make this week

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