

UNLEASH

YOUR OPERATING SYSTEM AUDIT

The question that changes the conversation

What if the problem isn't that you lack discipline, motivation or potential - but that you're trying to create new results with an operating system that no longer serves you?

You don't have to figure it all out today. But you do have to be willing to look.



Take 5 minutes.



U

UNDERSTAND | Admit your truth.

- Where in my life am I pretending things are fine when they aren't?
- What do I know needs to change, but keep avoiding?



N

NEUTRALISE | Clear what no longer serves you.

- What am I carrying out of habit, guilt, fear or expectation?
- Where am I still doing simply because I've always done it?



L

LOAD DEFAULT | Reconnect with who you actually are.

- Who am I beneath the roles, responsibilities and expectations?
- Am I making decisions that reflect who I am, or who I think I should be?



E

EMPOWER | Take ownership.

- Where am I giving away my power by blaming circumstances, people or timing?
- What is within my control that I'm not taking responsibility for?



A

ACTIVATE | Move into action.

- What is one decision I already know I need to make?
- What am I waiting for before I give myself permission to start?



S

STRATEGISE | Build the system.

- Do my daily habits support the results I say I want?
- Where does my current routine work against me?



H

HONOUR | Follow through when nobody is watching.

- Where am I breaking promises to myself?
- What am I trusted myself to do what I said I would do?

If this audit has raised questions you don't know how to answer, that's where the real work begins.

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WITH COLLEEN PETERSEN