

BIANCA BLVD

The First Look

A Private Life Rating, from The Audit

FIFTEEN MINUTES · ONE QUIET PLACE · THE TRUTH

A COMPLIMENTARY SAMPLER

BIANCA BLVD PUBLISHING

A LETTER

Before you begin

Sit somewhere quiet and silence everything that can interrupt you. Whether you write by hand or on a screen, this will take about fifteen minutes, and it will be the most honest fifteen minutes of your week.

Life hands every one of us a box. Somebody decides who we are supposed to be before we ever get a say. It might be a family, a town, a job, or a version of yourself you outgrew years ago. The way out of the box always starts in the same place: you look at your life as it really is.

That is all these pages ask. You will rate your life, name what is working and what is not, and write down three truths. You do not have to fix anything today. You only have to see it.

Nobody else ever has to read these pages, so do not lie to yourself here.

— Bianca BLVD

HOW TO USE THESE PAGES

- Print them at home, or fill them in on your phone, tablet or computer in a PDF app such as Adobe Acrobat Reader.
- Go in order. Each page builds on the one before it.
- Short answers are fine. Honest answers are required.

PAGE ONE

My life, rated

Rate each part of your life from **1** to **10**. One means it is in real trouble. Ten means you would not change a thing. Don't overthink it. Your first honest number is usually the right one.

My home	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My work	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My money	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My relationships	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My health	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My peace of mind	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My time	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
My joy	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

Look at your numbers. Circle your two lowest. That is where your attention belongs first.

My two lowest areas are:

The number that surprised me most, and why:

PAGE TWO

Now tell the truth about it

Numbers show you where. These questions show you why.

1. What's working?

Give yourself credit first. Name at least two things you have done right.

2. What's weighing on you?

Name the heaviest thing. Just one.

3. What have you been avoiding looking at?

Be specific. "My finances" is vague. "The statement I haven't opened" is honest.

AN EXAMPLE OF AN HONEST ANSWER

What's weighing on you? My money. I keep saying I'll open my bank app and look, and I don't. I'm scared of what I'll see.

It is short. It is true. That is all these pages ask of you.

PAGE THREE

My three truths

Look back over your ratings and your answers. What is true about your life right now? Write three plain sentences. No softening, no excuses, no cruelty. Just what is so.

I

II

III

*You can't dress for weather you refuse to look at. Look first.
Then get ready.*

BEFORE YOU MOVE ON, FINISH THIS

The truth about my life right now is...

WHAT COMES NEXT

You have taken the first look

What you just did is the first step of *The Audit*. Most people never do it at all. But seeing the truth is only the beginning. The Audit walks you the rest of the way.

YOU ARE HERE



INSIDE THE AUDIT

- **Look**, in full: the life wheel, seven deeper questions, the energy ledger, and where your week really goes.
- **Choose**: sort what stays and what goes, test the beliefs you were handed, and set boundaries with the exact words to say.
- **Build**: a real plan for one area of your life, your standards, and the people who stand with you.
- **Rise**: four weeks of real steps, a 30-day habit tracker, and a 90-day return.
- A 55-page journal to print and write by hand, or fill in on any device.

A WELCOME FOR YOU

Take \$5 off The Audit with your welcome code.

FIRSTLOOK

payhip.com/b/2KrRG

Keep these pages. When you begin The Audit, your ratings from today become your starting point.

The First Look: A Complimentary Sampler from The Audit

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