

# Safety Audit:

Creating Real Safety for Your Mind and Body



Identify areas in your life that make you feel unsafe and take actionable steps to increase your mental and physical safety.

## STEP-BY-STEP INSTRUCTIONS:

1

### List the Six Areas

Write down where you are white-knuckling life (e.g., financial stress, unhealthy relationships, poor work boundaries). Reflect on each of the six key areas: Reality, Connection, Freedom, Health, Mindfulness, and Belief.

2

### Audit Your Daily Choices

Fill out a table by asking yourself where you feel safe or unsafe in each of these areas. Use the Unsafe to Safe scale (Low, Medium, High).

3

### Make an Action Plan

For each unsafe area, write one action to make it more aligned and safer for your mind and body.

## 1 AUDIT TABLE

AREA	UNSAFE TO SAFE SCALE (LOW, MEDIUM, HIGH)	WHAT NEEDS IMPROVEMENT	ACTION STEPS
 REALITY			
 CONNECTION			
 FREEDOM			
 HEALTH			
 MINDFULNESS			
 BELIEF			

### *i* GUIDING QUESTIONS

**Reality:** Are you facing your actual circumstances honestly.. or avoiding them? (e.g., writing down exactly who you owe money to, or the true state of a relationship.)

**Connection:** Do you have 2-3 people you could call at 2:00 a.m. who would genuinely show up for you?

**Freedom:** Are you unhooking from the external voices telling you what you should be doing with your life?

**Health:** Are you taking care of your body in a way that supports your nervous system, sleep, movement, and nutrition?

**Mindfulness:** Are you pausing and exhaling before reacting to stressful moments or running on autopilot?

**Belief:** Does your sense of meaning or purpose feel intact, or does something feel off at a deeper level?

## 2 REFLECTION

After the week, ask: What made you feel safer this week?

What are the most significant changes you made to reduce anxiety?

Which of the six areas surprised you the most... and why?

How can you become more aware of your triggers early, so you can interrupt the anxiety cycle before it escalates?

What is one small, repeatable action you can commit to beyond this week? So that checking in with your 'smoke detector' becomes a regular habit, not a one-time audit?