

# The Inside Job

Unearthing Love, Value, and Worth from Within

Episode 2 | What You Feed Grows

## Two Approaches to Examine Consumption, Evaluate Growth, and Embody Your Greatness

01

### Focused Audit

What do I take in daily? What am I getting full on?

Select 1-2 areas of your life and examine what's feeding these areas.

Ask yourself:

1. How do I contribute to this particular area- how do I feed it for the good or not so good?
2. What lures me or repels me in this particular area, and why?
3. What need am I attempting to meet? Is it being met, why or why not?
4. Am I becoming a better version of myself in this area or am I remaining stagnate or regressing?
5. What am I consuming here and what outcomes do I see in my life from the consumption of this?

02

### Be Intentional

Once you audit your appetites and consumption, draft a list of what you desire to decrease and increase in your life, and set intention to make choices and decisions that reflect what you hope to manifest.



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