

# The Inside Job

## Episode 2 | What You Feed Grows

### Focused Audit

When you examine the layers in your life, what is being fed, what is taking up space, and what is growing, you will have a detailed x-ray of your life and what's inside of you, providing you with heightened awareness and possible paths towards wholeness.

- Is your phone the first thing you put your hands on when you wake up?
- Do you start your day scrolling through social media to get fed from social media feeds?
- Are your conversations based on truth or deception? Are they gossip swaps about people you know, don't know, and everyone who knows and doesn't know them, or are they hopeful, compassionate, and empathetic?
- Does the news occupy the soundtrack of your day?
- Imagery - what types of music do you listen to? What's the message and theme? What shows do you watch? What pages do you subscribe to? Your internet history - do you delete it? Are you ashamed of it? Does your mobile device feed your addictions?
- Your text messages-uplifting, edifying, hopeful, enlightening, are they cynical, pessimistic, destructive, and critical?
- Your relationships- fruitful, trusting, intimate, collaborative, and deeply reflective, are they fractured, spotty, draining, surface level? Is judgment and evaluation the main language of how you speak about others?

Part 1 of 3



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- Your circle- are the people closest to you growing and developing into better versions of themselves, do they push you, correct you and hold you accountable to being the best version of you, are they doing the same thing, based on the same beliefs with the same actions from 5, 10, 15, 30 years ago. Are you?
- How are you perceived-can people count on you, confide in you, look to you for wise counsel and trust your word, are you the one everyone has to help, cater to walk on eggshells, and alter themselves around?
- Your receptivity-are you open to listening, learn, expand your perspective, do you dominate space talking about you, your life, your kids, your marriage, your frustrations- is it the you show most of the time? Are you genuinely curious about others?
- Your habits-are you disciplined in the things you pursue, do you start and finish a goal, task, commitment, have you made yourself proud lately, are you mostly talk with minimal action or intention, do you self medicate- to cope with anxiety, insecurity, pain, and trauma, is your relationship with food fueling your body or failing your body? Does popular culture determine what you deem as acceptable and unacceptable?
- Your heart- do you like yourself, when it's just you, are you comfortable with that, do you enjoy being with yourself, are you in constant need of attention, doting, and admiration. Your social media posts is that really You?? Do likes make you like yourself?

Part 2 of 3



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- Your emotions- are you resilient-meaning your recovery from time from escalation to calm is minimal, are you able to unpack your feelings and sit in them, have you matured in your ability to express yourself, are you easily offended, quick-tempered and ready to slap a person on sight, your petty game, is it strong, is social media your main community of support and platform of expression?
- Your passions-do you know what fuels you, what makes you most feel like yourself, do you have dreams that you're thinking about, praying for, and taking steps to live in, are you walking in your purpose, do you know what that means, are you immune to change because comfort is easier for you, do you get overwhelmed at the thought of what your life would be if you broke through fear and did what you feel you are purposed to do are you fearful of success, are you waiting for someone to rescue you from your life so it can be better?
- Your faith life- do you believe in something greater than yourself, do you pray, meditate, engage in contemplative routines that center you and fortify peace, is your heart thankful for what you have, are you your own god, do you live by the governing rules of your opinions and others who think and act just like you, who's on the throne in your life?

### Part 3 of 3

Narrow in on 1-2 areas and 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?



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