

# The Compounding Audit

## Step 1: Identify the Investment

For each life area, answer:

<b>Life Area</b>	<b>What do I say matters?</b>	<b>What am I compounding daily?</b>
Family		
Community		
Career & Finance		
Wellbeing		
Personal Development		
Peace of Mind		

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## Step 2: The MVR Allocation Check

For each area, rate 1–10:

- Time invested
- Attention invested
- Energy invested
- Money invested

Then ask:

**Is this aligned with what I claim matters?**

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## Step 3: Interest Rate Question

For any recurring habit:

If this behavior compounded for 10 years, what would it produce?

- Physically?
- Financially?
- Relationally?
- Psychologically?

Would I accept that return?

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#### **Step 4: The 1% Reallocation**

Where can I reallocate 1% of:

- Time
- Attention
- Energy
- Money

From trivial → meaningful?

Compounding loves small, consistent inputs.