



THE  
**4-LIFE**  
— METHOD —

A FREE SELF-ASSESSMENT TOOL

# The 4-Life *Audit.*

*Find your weakest link. Start there.*

*Twenty honest questions. Ten minutes. The most useful thing you'll do this week.*

*The 4 lives form one integrated system, not four separate problems. Strengthen the weakest, and the others lift with it. That is why this audit looks for the lowest score, not the highest.*

**BEFORE YOU START**

# How to use this audit *honestly*.

*This is not a personality test. It is not a quiz. It is a diagnostic. And like any diagnostic, it only works if you tell the truth.*

For each of the four lives (your work, your personal life, your life as a father, your marriage), you will answer five questions. Each one is rated on a scale from 1 to 5.

Score each statement based on how things actually are this week. Not how you would like them to be, not how they were six months ago, and not the polished version you would describe to a friend over dinner.

## The scoring scale

- 1 Strongly disagree, this is not happening.
- 2 Mostly disagree, this happens occasionally but not consistently.
- 3 Neutral, sometimes yes sometimes no.
- 4 Mostly agree, this is largely true with occasional gaps.
- 5 Strongly agree, this is genuinely my reality.

## What you'll do with the results.

After you have answered all twenty questions, you will add up your score for each life, out of 25. The lowest-scoring life is your weakest link.

That is where we begin. Not where you feel most guilty. Not where the noise is loudest. Where the data says.

Because the four lives are one integrated system. The lowest pillar pulls everything else down with it. Strengthen that one, and watch what happens to the others.

## A reminder

You are not auditing your life to feel bad about it. You are auditing it because you take it seriously. There is a difference. This document is for your eyes only. Answer accordingly.



PILLAR 01

# Work Life

*Your professional life is the only one of the four where you are not fully in control. There is always a manager, a board, clients. Yet it sets the rhythm of everything else. These five questions test how well you have architected this life so it does not consume the others.*

**1.1 I have clear, non-negotiable boundaries on when I start and stop work each day, and I respect them most weeks.**

*Not "I try" or "when possible". Actual rules I live by, that protect time for the other three lives.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**1.2 I lead authentically at work. I do not play a "perfect leader" role that drains my emotional energy.**

*Authenticity conserves the energy you need for the other three lives. Performing a persona is exhausting.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**1.3 I can mentally disconnect from work when I am at home. My body is present and my mind is too.**

*Not "I'm not on email", that is the easy part. The hard part: not replaying the morning's meeting at 7pm.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**1.4 I feel like the author of my career, not its hostage. I make active decisions about what I take on.**

*A hostage feels powerless and reactive. An author shapes the situation, even within constraints.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**1.5 My team and stakeholders trust me, and I would describe my work relationships as honest and direct.**

*Trust is built by saying difficult things with care. If you avoid hard conversations, the relationships are functional but not real.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree



PILLAR 02

# Personal Life

*Your body, your sleep, your energy, your mental state. The foundation that makes every other life possible. Most high-performers sacrifice this first because it feels like the sacrifice that affects no one but themselves. That logic is catastrophically wrong.*

**2.1 My sleep is consistent and restorative. I wake up genuinely recovered most mornings.**

*Forget hours. Quality matters more. If you wake tired three days a week, this is a 1 or 2, regardless of bedtime.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**2.2 I move my body regularly. Not perfectly, but consistently. My fitness is a system, not a New Year's resolution.**

*Consistency over intensity. Fifteen minutes daily beats ninety minutes once a week, and is far more sustainable.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**2.3 My nutrition supports my energy. I am not constantly relying on caffeine or sugar to make it through the afternoon.**

*If you crash at 3pm, your morning was wrong. If you feel anxious by 5pm without coffee, your system is the problem.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**2.4 I take genuine time for myself every week. Not phone scrolling, not Netflix collapse. Real restoration.**

*Twenty minutes alone with your own thoughts each day. A few hours of something you genuinely enjoy each week. Feeling well in your body and mind feeds confidence in everything else.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**2.5 I track my health objectively. Through data, regular check-ups, or by paying attention to honest signals.**

*"I feel fine" is not data. Sleep tracking, HRV, blood work, body composition, or at minimum, an honest weekly self-assessment.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree



PILLAR 03

# Father Life

*Becoming a father gave your life a depth you didn't expect. It also added a permanent weight you carry everywhere. These five questions test the quality of your presence, the structure of your parenting, and whether you are finding genuine purpose in the role.*

**3.1 When I am with my children, I am fully present. Body and mind in the same room.**

*The hardest test: not "I was there", but "could they tell I was there"? If your phone interrupts most evenings, the answer is no.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**3.2 My household has clear, consistent rules and routines, and I enforce them with calm authority.**

*Bedtimes, meal times, behavior expectations. Children with structure thrive. Without it, every day becomes a negotiation.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**3.3 I have rituals with my children that they would name if asked. Daily moments that are theirs, not mine.**

*Bedtime story. Saturday morning routine. The specific phrase you say at the door. Rituals are the architecture of memory.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**3.4 I am actively transmitting values to my children. Not by lecturing, but by what I demonstrate.**

*Resilience, kindness, honesty, work ethic. Children copy what they see, not what they are told. What are they seeing from you?*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**3.5 My children feel deeply loved, and I tell them and show them that love regularly, without hesitation.**

*Words and physical affection. Many high-performing fathers struggle with this expression. It is the foundation everything else rests on.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree



PILLAR 04

# Marital Life

*The hardest pillar to audit honestly. Most marriages in this phase of life are functional, and that is the problem. They have stopped being relationships and become logistics operations. Five questions to test what is actually still alive.*

**4.1 My partner and I have meaningful conversations regularly. Not just logistics or co-parenting coordination.**

*When was the last time you talked about something that wasn't the schedule, the children, the household? If it takes you a moment, that is the answer.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**4.2 We protect time as a couple. Without children, without screens, without the household agenda intruding.**

*A weekly evening. A monthly date. A quarterly weekend. Calendared and protected, not aspirational.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**4.3 I share my real concerns (about work, about life, about what keeps me up at night) with my partner, AND I recognise what she is carrying on her side.**

*Vulnerability is the currency of a real partnership, and it has to run both ways. Sharing your load is half. Naming the load she carries — the schedules, the medical follow-ups, the emotional weather of the household — is the other half.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**4.4 The mental load and household responsibilities are openly discussed and fairly distributed.**

*Not "I help when I can". Are there entire domains you fully own, not just execute, but also remember and track? Most men in this audience underestimate their partner's load by 30 to 40 percent.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

**4.5 Physical and emotional intimacy are alive in our relationship. Not on autopilot, not on hold "until things calm down".**

*The hardest question on this audit. The one most men skip. Answer it honestly. "Things calm down" is a lie we tell ourselves.*

Strongly disagree

(1) (2) (3) (4) (5)

Strongly agree

ADD UP YOUR SCORES

# Your 4-Life *architecture*.

Add the five answers in each pillar (each out of 25). The lowest score is your weakest link, and your starting point.

**W** Work Life

\_\_\_ / 25

**P** Personal Life

\_\_\_ / 25

**F** Father Life

\_\_\_ / 25

**M** Marital Life

\_\_\_ / 25

## How to read your scores

- 5 to 12** This life is in genuine difficulty. Probably under-attended for a long time. The good news: highest leverage.
- 13 to 17** This life is functional but eroded. Things are working, barely. Without intervention, this will drift further.
- 18 to 21** This life is healthy with specific gaps. Identify the questions where you scored 1 or 2 and address those.
- 22 to 25** This life is a strength. Maintain it, and use the energy and confidence it generates to lift the others.

*Your weakest link is your starting point.*

Whatever your lowest score is, that is the life that is pulling the others down. The four lives are one integrated system. Start with the one that is failing, get one concrete protocol working there, and watch how it lifts the others.

**Time is fixed. Energy compounds.  
Don't balance. Architect.**

[Watch the Foundation Videos →](#)

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