

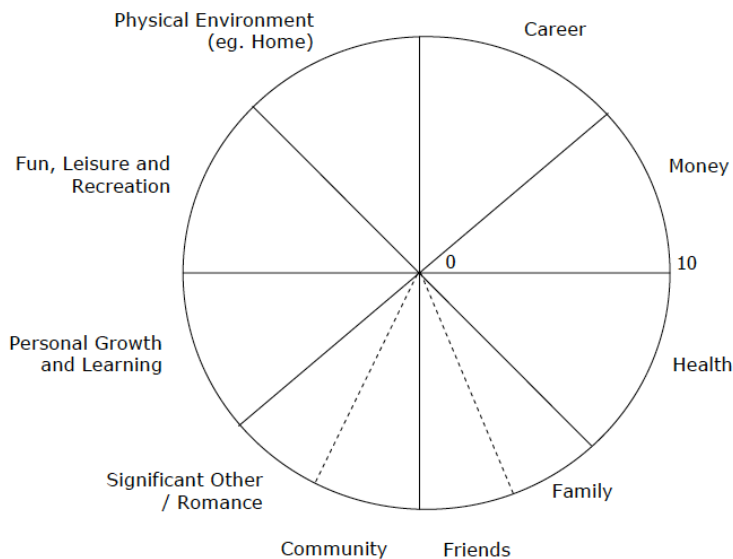


your whole life

Take an inventory of your current life:

The wheel shows the eight major areas of your life. Consider the center of the wheel represents 0% and the outer ridge of the wheel represents 100%.

1. Rank your **level of satisfaction** in each life area. Depict your ranking by drawing a line across that section of the wheel with the appropriate level. See the example.



2. Choose a section and envision it being as good as it could possibly be. Imagine what it would look like and how you would feel if it was as satisfying as could possibly be. Do this for each life area and jot down a few characteristics or words that describe your vision for each section.

3. Next, write down one or two actions you could take for each section that will significantly alter the quality of your life and bring you closer to this vision now.

4. Commit to taking some significant action right now!

Coaching is a two step dance of discovery & learning followed by life altering action. Inspired visions and insights make no difference in your life without taking action.

