

Life Check-In



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COACHING

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How fulfilled are you?

No matter where you find yourself on your personal growth journey, it makes sense to press pause on occasion in order to assess your current situation. After all, you won't learn what areas of your life need attention, and how to prioritize those needs, unless you know how you're doing to begin with.

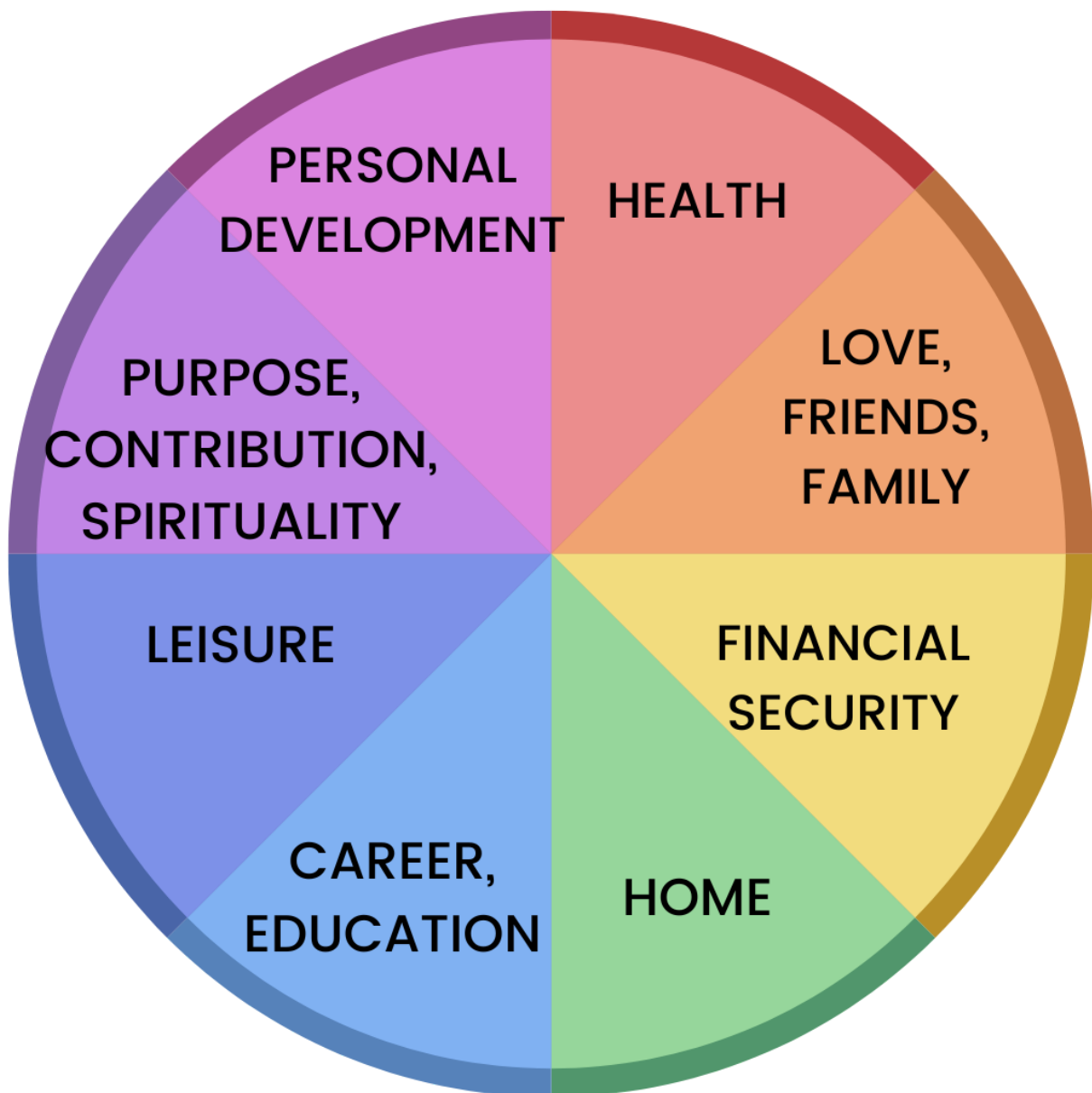
That's why I recommend you take stock by completing this Life Check-In, a wonderful tool that measures your level of satisfaction in the present moment, and challenges you to consider how you might enhance it. Come back to it every 3 to 6 months for continued awareness and growth.

Let's begin!



The Wheel of Life

Let's start with designing your Wheel of Life. This sample Wheel of Life contains 8 sections that, together, represent one way of describing a whole life. The next page gives more detail about each section.



In this sample, here's how one might describe each section:

HEALTH: physical, emotional, mental

LOVE, FRIENDS, FAMILY: feeling loved whether partnered or single, satisfying and supportive friendships, quality of family relationships

FINANCIAL SECURITY: income, saving, budget, investment, planning

HOME: satisfaction with your physical and geographic home environment

CAREER, EDUCATION: confidence, success, growth

LEISURE: hobbies and interests, humor and fun, adventure and travel

PURPOSE, CONTRIBUTION, SPIRITUALITY: living a meaningful life, knowing you are contributing to the greater good, having spiritual outlets

PERSONAL DEVELOPMENT: Curiosity, self-awareness, openness to learning and change



Design **YOUR** Wheel of Life!

Follow the instructions
on the next pages...

Step 1: Identify important areas

- Write down the areas of your life that together, create a complete and fulfilling life for you. As many areas as you wish, with labels that are meaningful to you. For example, some choose to create separate sections for Spouse, Parenting, Service, or Faith.
- Rate the importance of each area to you from 0 (not important at all) to 10 (critical).
- Consider crossing off any area that you rated 0 through 4—they're just not that important!

Areas
of My Life

Importance
(1-10)



Step 2: Draw Your Wheel of Life

Fill in the blank Wheel of Life below to make it your very own. Create sections that represent each of the areas you identified on the previous page. Make the sections that are more important to you larger in size. And label each section.



Step 3: Rate Each Area of Your Life

Now that you have a visual depiction of your life, guided by the areas that are most important to you, that make your life feel whole and satisfying, let's take a look at how you are faring in each of these areas.

For each section on your wheel: Rate your level of satisfaction in that area of your life, from 0 (not at all satisfied) to 10 (extremely satisfied). Write that rating on the relevant section of the wheel you created.

Keep in mind, this is how you rate your level of satisfaction today. This is not about how this area has been in the past or how you hope for it to be in the future. It is a snapshot of this moment in time.



Step 4: Assess Your Life

You now have a good snapshot of where your life is today, how you are doing in each the areas of your life that matter most to you.

What's next? Time for reflection! Below are questions to guide you as you review your findings. Respond to these in writing, using the blank pages provided.

Overall, ask yourself:

How do you feel about your life as you look at your wheel?

Where are you most satisfied? Most dissatisfied? Any surprises?

For each area of your wheel, evaluate:

How do you currently apply your resources (time, energy, money) in this area?

What is working well for you in this area?

How could you sustain the positive aspects of this area of your life?

What would a rating of 10 look like for you in this area?

How would you apply your resources differently in this area to get to a higher rating?

How could you make room for these changes?

What might stand in your way? What can you do to overcome this obstacle?

What help and support might you need to make these changes?

Time to take action!

Which of these areas would you most like to improve?

Which are you most motivated to work on?

What change do you want to make first?

What is one small step you can commit to right now?



My reflections...

Let's get
started

My commitment to action...



Here's to creating a
satisfying life, one day
at a time!

Hugs,

Helène