

Alexandra Andrews

My Personal Coach



THE WHEEL
OF LIFE

An Interactive Course

Wheel of Life

Exercise



"What you can't measure, You can't manage"

Welcome & lets get started

Instructions

1. Complete the wheel of life rating sheet by rating where you think you are at in these different areas of your life.
2. Then write how you think you could improve your rating in these areas.

Rules before you start

Get comfy

Make yourself a warming or cooling drink

Light some candles

Perhaps place some soft relaxing music on in the background

Allow enough time. I would suggest around 1 hour but please feel free to take longer

Sit down in a relaxed open hearted way

Be truthful don't make things worse than they are or better than they are raw, honest answers will serve you well.

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Fill out the rating in the above circle

Who do you consider to be included in your family. Thinking about your relationships as a whole, how would you rate the time you spend with family and the attention you give to them.

(This can include a few key people or extended family you choose)

Person 1 _____

Person 2 _____

Person 3 _____

Person 4 _____

Person 5 _____

Person 6 _____

Person 7 _____

Person 8 _____

What would need to happen for this to be a 10 with each person?

Consider breaking this down to each individual or family group and get specific. This is in your hands to create something different from this moment forward. It's important to remember that you can't change other people and expect them to do something different. You however can. If we want something to change we need to do something different ourselves. Sometimes having a change in 'our' behaviour consistently and for more than 3 months will effect that other person and ultimately change's the energy and dynamics of that relationship.

"A true leader goes first"

What could you do to make this happen.

Person 1

Person 2

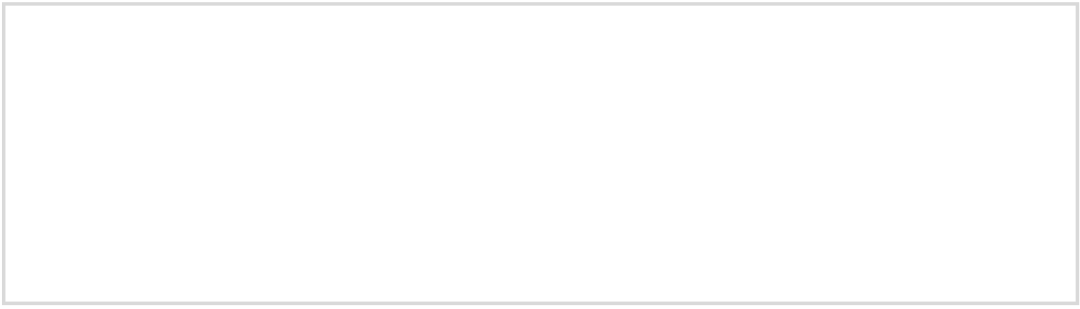
Person 3

Person 4

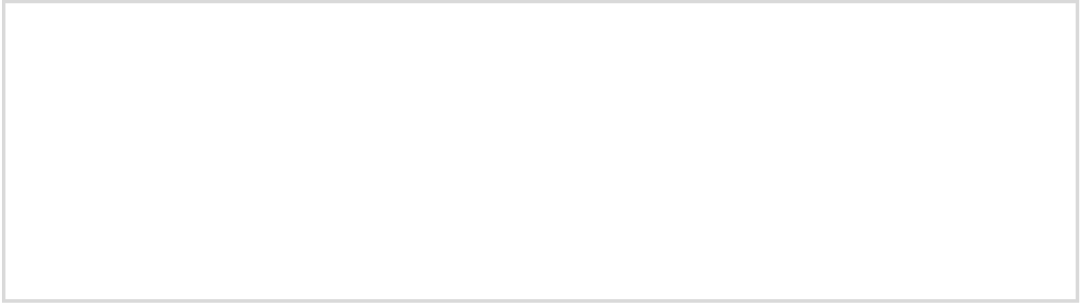
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Person 5



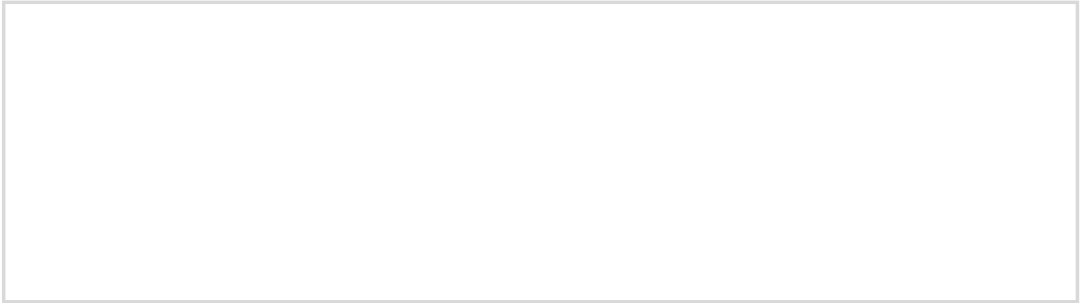
Person 6



Person 7



Person 8



Please feel free to use more space at the back of this exercise

Wheel of Life

Exercise



Fill out the rating in the above circle

Who do you consider to be included in your friendship group. How would you rate the time you spend with them and the attention you give to maintaining these friendships?
(This should be your up-close and personal group)

Person 1 _____

Person 2 _____

Person 3 _____

Person 4 _____

Person 5 _____

Person 6 _____

Person 7 _____

Person 8 _____

What would need to happen for this to be a 10 with each person?

Consider breaking this down to each individual or group and get specific. This is in your hands to create something different from this moment forward. It may even be time to give more to your friends. Have you drifted away or just been too busy? Are you involved in a new relationship or some change that allows for the distance? If these friendships need some love and attention, here is the chance to plan.

It also may be a great time to loose a few friendships. Some friendships are a negative depletion on our emotions. We all know what I'm talking about so maybe its decision time right here, right now. You may even want to connect and find more new friends.

"Only allow friends into your life that honour, respect and are genuine"

What could you do to make this happen.

Person 1

New Plan

Person 2

New Plan

Person 3

New Plan

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Person 4

New Plan

Person 5

New Plan

Person 6

New Plan

Person 7

New Plan

Person 8

New Plan

Please feel free to use more space at the back of this exercise

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Fill out the rating in the above circle

How would you rate your current financial standing? Do you save? Do you have a plan? Are you in debt? Are you in control? Believe me most people rate this low. Remember, it's exactly your current situation. Not what's happened in the past or what's going to happen in the future, but right now. What would need to happen? What are small steps that you could do right now. Consider, mortgage, salary, credit cards, savings for travel, tax, gst, entertainment, other potential income.

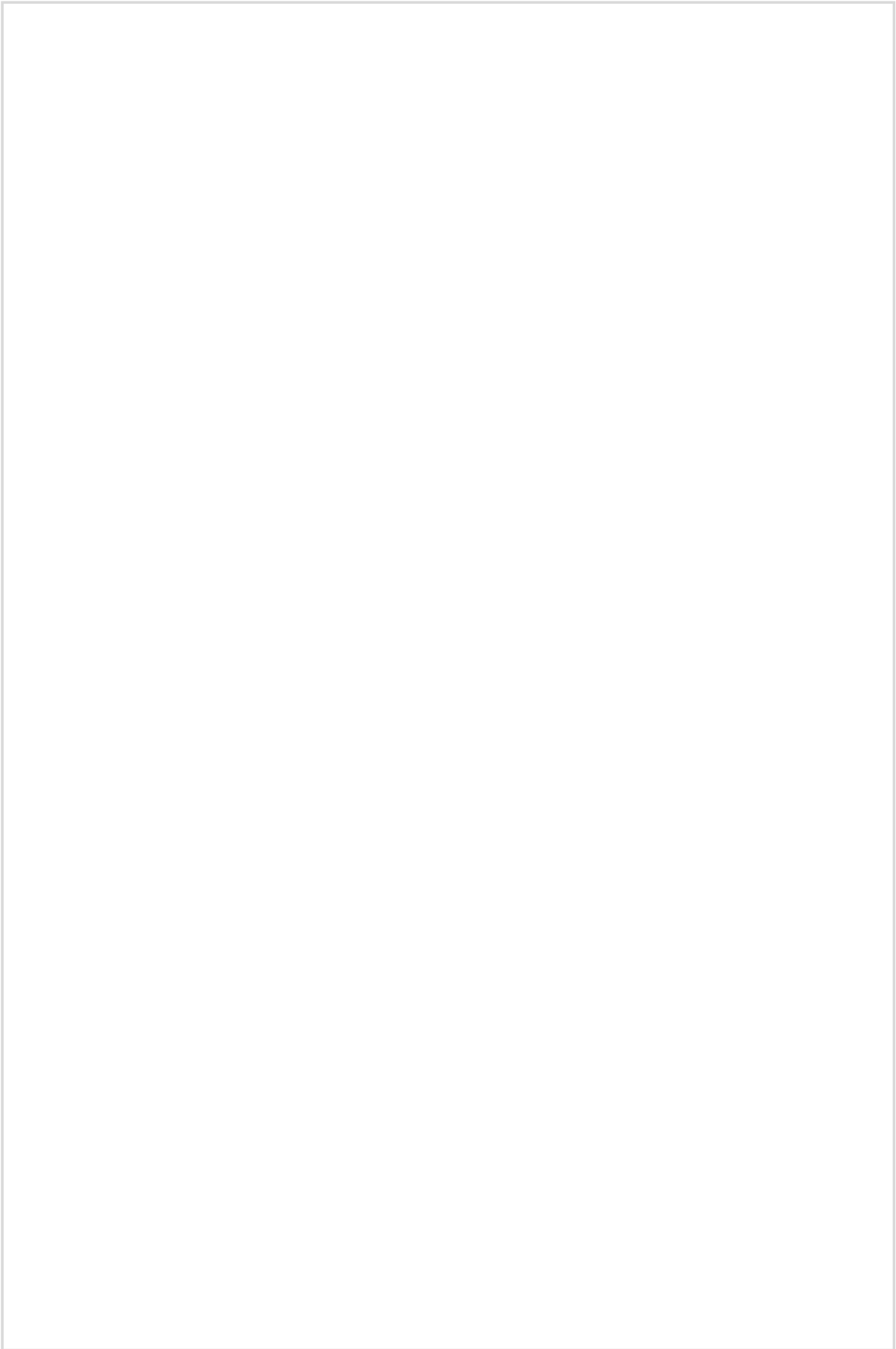
What would need to happen for this to be a 10?

"You must gain control over your money or the lack of it will forever control you"

Dave Ramsey

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Please feel free to use more space at the back of this exercise

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Fill out the rating in the above circle

How would you rate your overall health? When we consider health we need to take into consideration all areas. Food, exercise, sleep, stress level, addictive consumption etc. Break down and get specific, so you have a plan.

What's something small or massive that you can do right now to increase your rating.

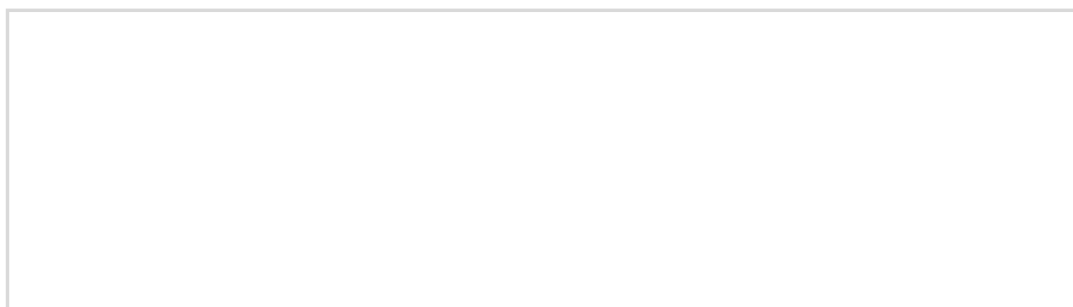
What would need to happen for this to be a 10?

There's nothing more important than good health - that's our principal capital asset


Arlen Specter

Healthy eating:

Exercise:



Sleep:



**Stress
level:**



Please feel free to use more space at the back of this exercise

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Fill out the rating in the above circle

How would you rate your physical environment? This means your home. Where you come back to relax and nurture yourself. Is it tidy, messy or un-organised? Your home or space doesn't need to be big but it does need to be organised and tidy. When you enter the door, that it feels wonderful to be home. Consider what could be done to raise this rating? Is it going through and clearing excess stuff, or re-organising cupboards. Is it re-painting, lighting, candles, new bed linen or moving homes? Get excited to create something warm, relaxing and nurturing

What would need to happen for this to be a 10?

The magic thing about home is that it feels good to leave and it feels even better to come back"



Please feel free to use more space at the back of this exercise

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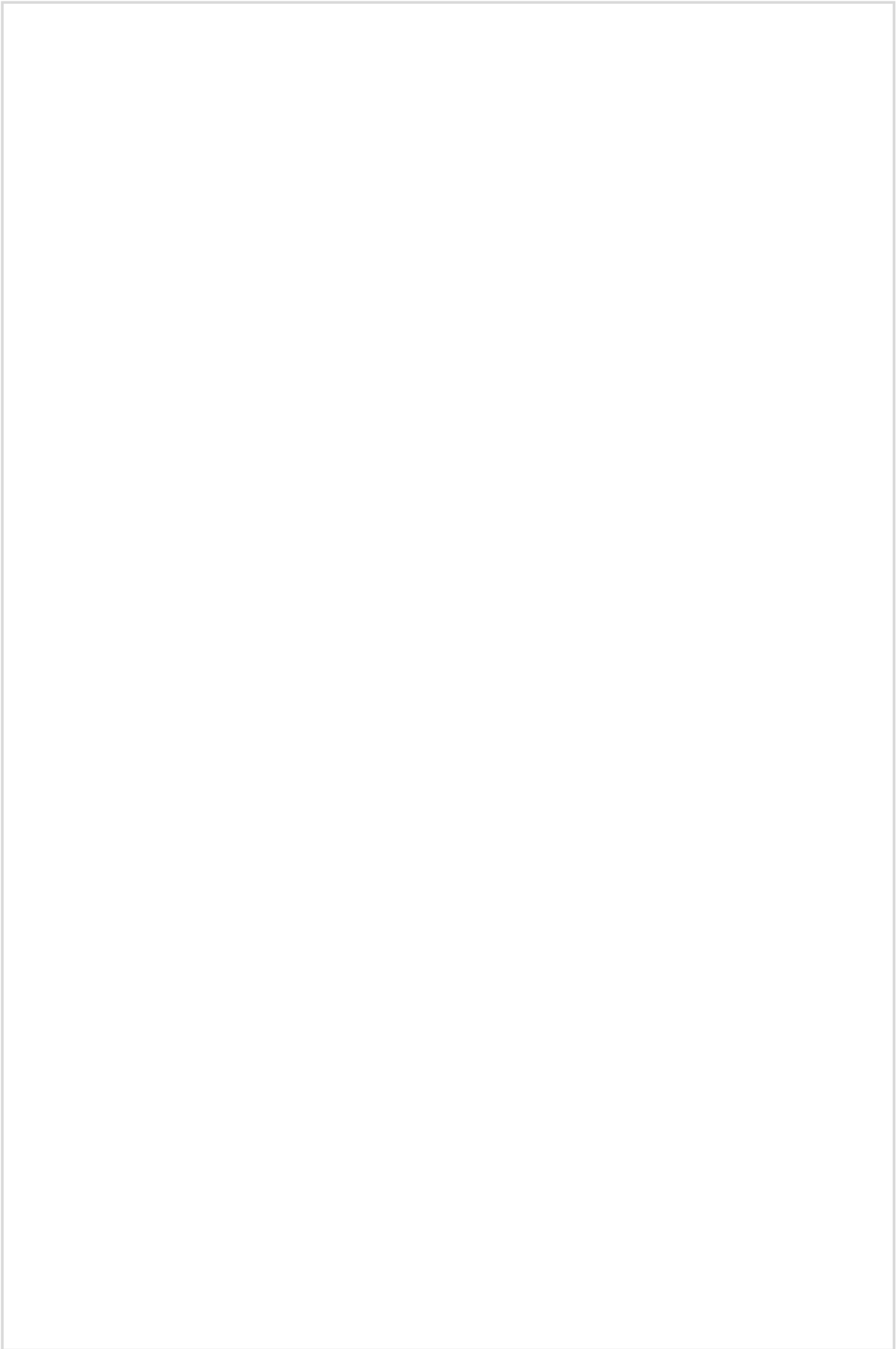


Fill out the rating in the above circle

What do you do to laugh and have fun? Do you plan fun activities that lift the spirits. It doesn't need to cost much to have fun. What opportunities do you create that you look forward to or perhaps push you out of your comfort zone? Bungee jumping? Trampoline park? Bush walk with friends? Enjoy focusing on this area and plan something to increase this rating.

What would need to happen for this to be a 10?

"You've got to have fun in life"



Please feel free to use more space at the back of this exercise

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Fill out the rating in the above circle

How would you rate your career? Do you like what you are doing? Are you re-studying to change your career? Are you stressed? Look at this area and reflect on your plan. What could you do to make it even better right now?

Even if you currently don't like what you are doing. Let's work out a better way of doing things or even viewing your circumstances whilst we create another plan. You may have a few different hats on here with your career so itemise the areas and have fun creating a plan to increase your rating.

What would need to happen for this to be a 10?



Please feel free to use more space at the back of this exercise

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Fill out the rating in the above circle

How would you rate your personal growth? We all grow and change. We evolve and learn more about ourselves and naturally explore how we could feel better or do things better. We can do this by reading books, listening to podcasts, attending events, retreats or groups, meditating, yoga, or any other contemplative activity. Have a think about what you could do to increase the rating in this area.

What would need to happen for this to be a 10?

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Fill out the rating in the above circle

Relationships we develop with other people are said to be vital to our mental and emotional wellbeing. A sense of being apart of something bigger than ourselves. The happiness or unhappiness of this area of our lives has a major impact on everything else. I've seen clients thrive in every area if this area of their life is happy and others fall apart in business because of the breakdown in this area. It's a wonderful time now to reflect on what could make your relationship a higher rating. Can you create surprises, date nights, gifts or being more affectionate?

Start with you, not them. What could you do to make things better right now

What would need to happen for this to be a 10?

*"Relationships are about what you
give not what you get"*

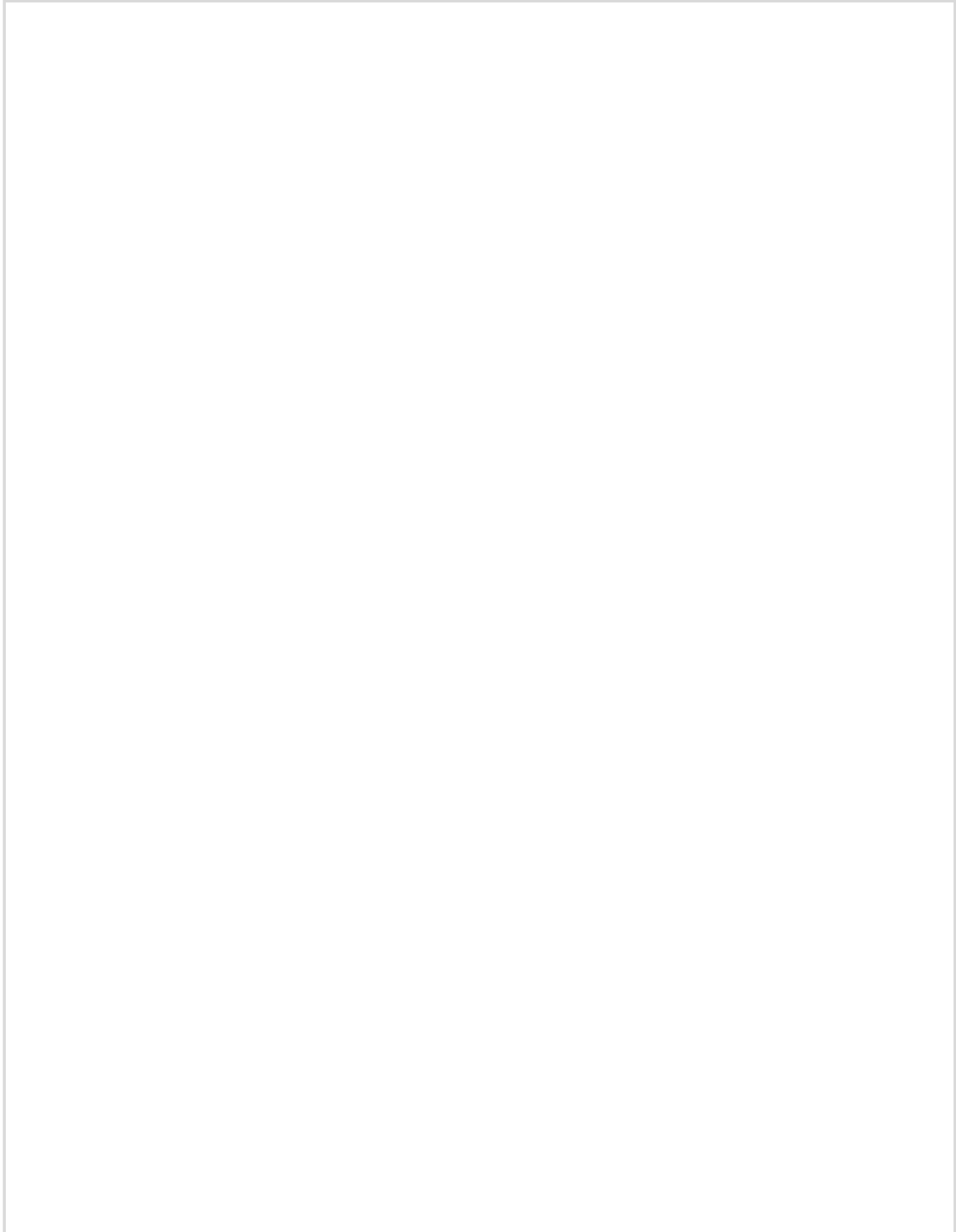
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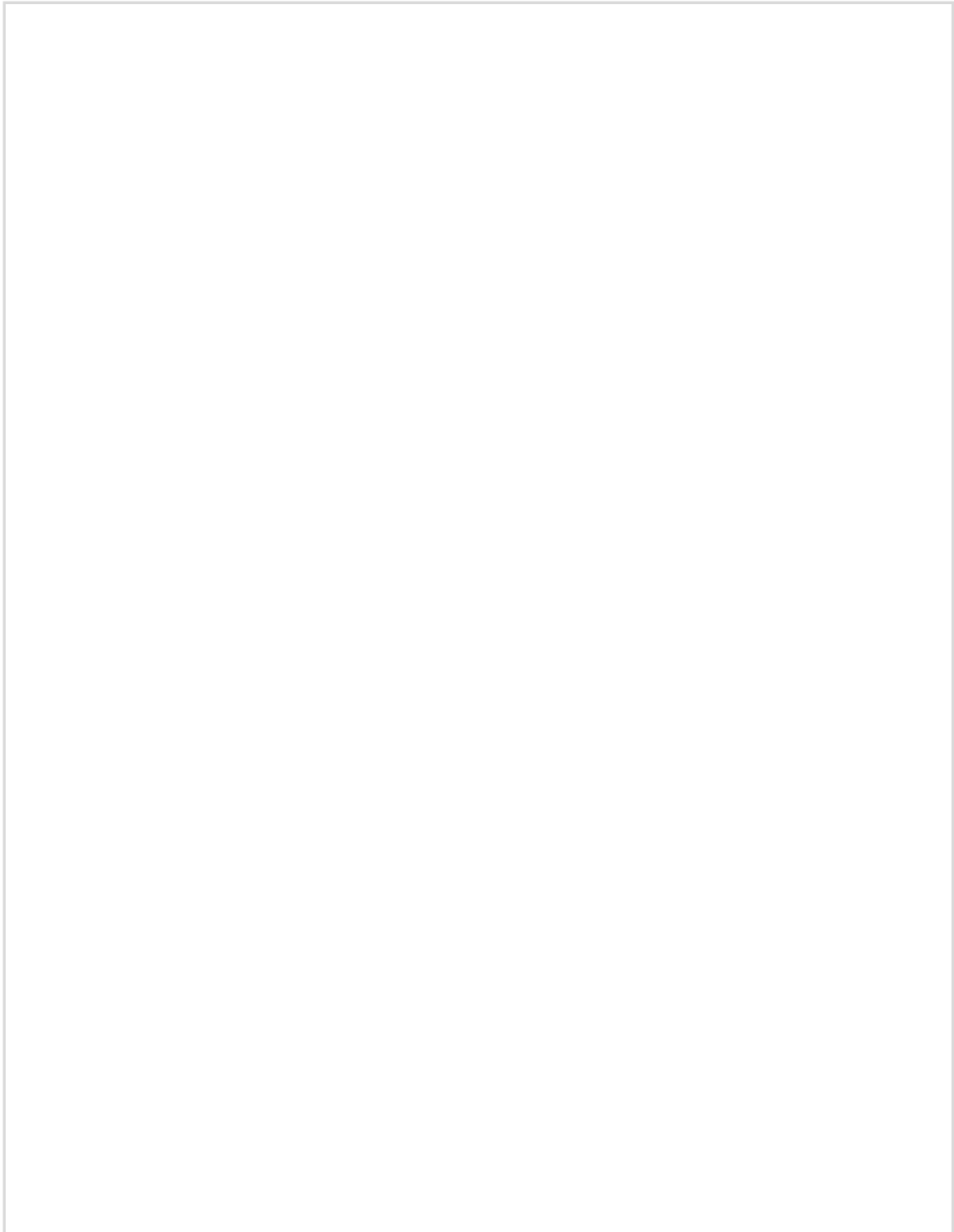
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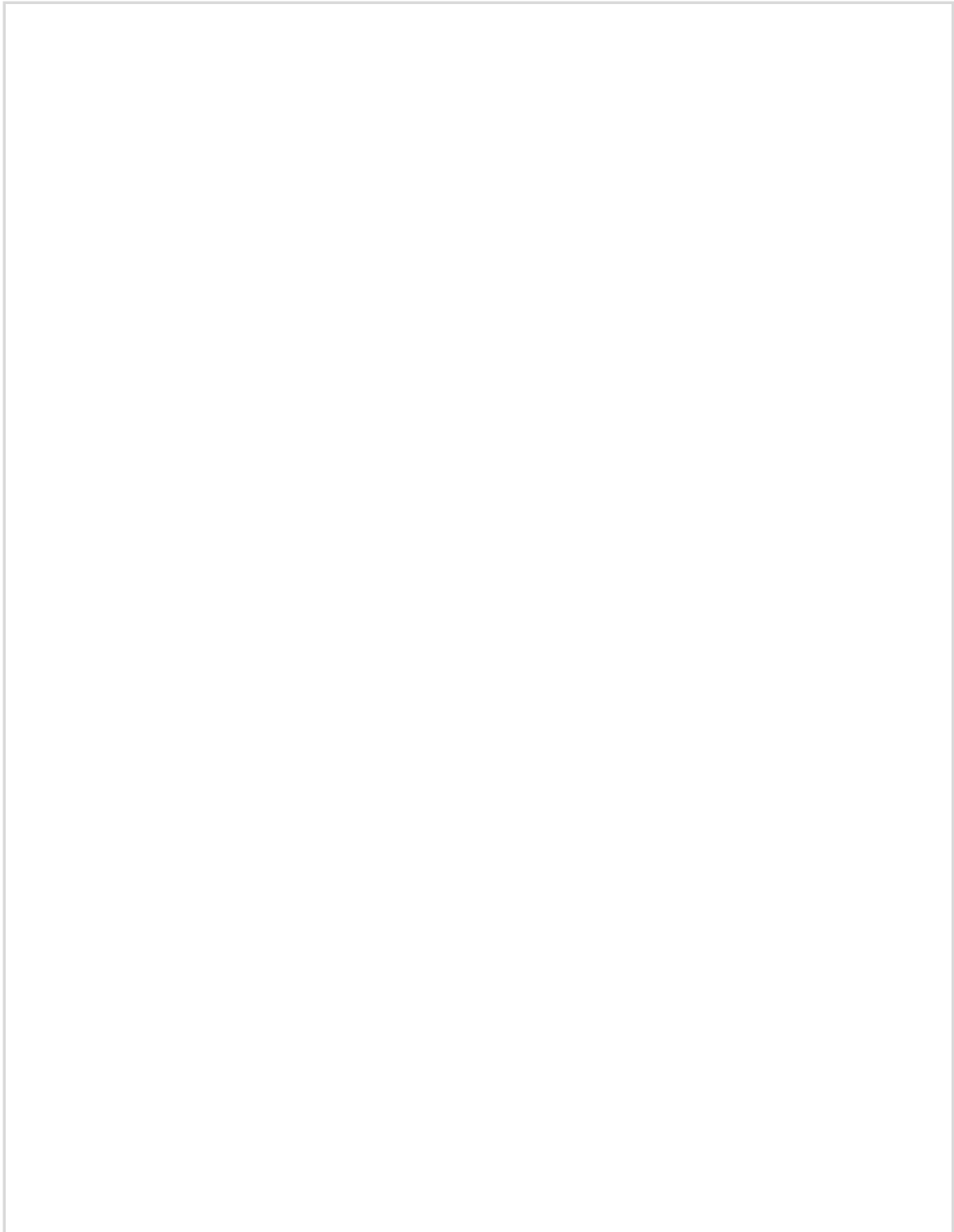
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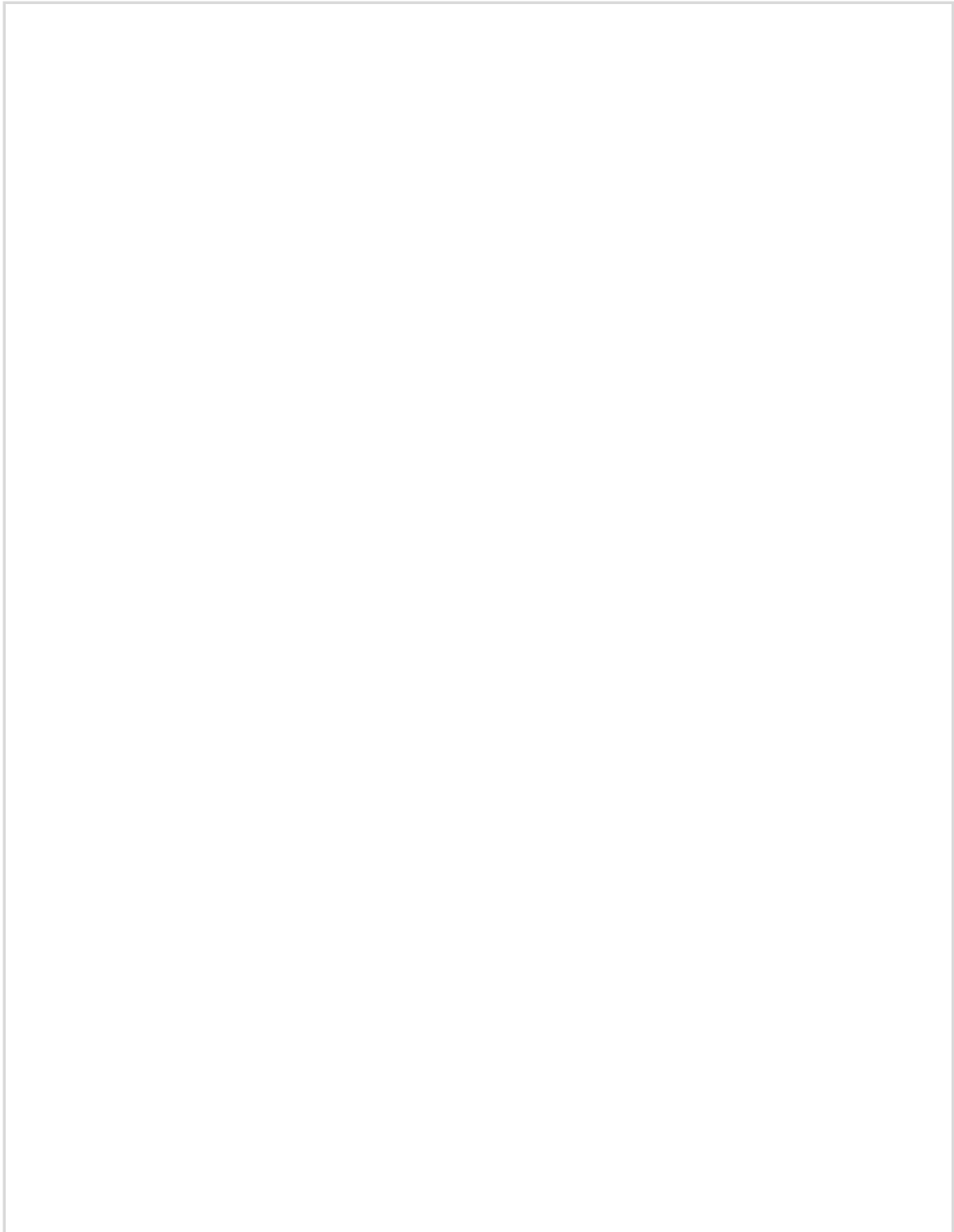
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Continued...



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Well done.

This has been a wonderful exercise in not only assessing exactly where you are right now but in moving towards a much better life.

You are always in the driving seat of your life. Don't be a passenger, always have a direction to where you want to go and what you want to have.

I have all my clients do this on the first session. I gain so much knowledge about them by everything they tell me, the tone and emotion in their voice as well as the things they don't tell me.

This is one of the most powerful tools for me to gain insight.

Everyone is different and solutions are never the same for everyone. There are fears, blocks or attitude/ego that may prevent us from fully gaining what we want.

Why coaching is important?

Accountability:

Coaching helps you to be accountable to achieving your goals.

A sounding board:

The old saying rings true. Two heads are better than one. Having the opportunity to discuss ideas helps you to create forward movement and action.

Objective feedback:

A coach aims to help you perform at your best. They provide objective feedback without bias.

Learning:

Learn new techniques, systems and processes that you can incorporate in your life.

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