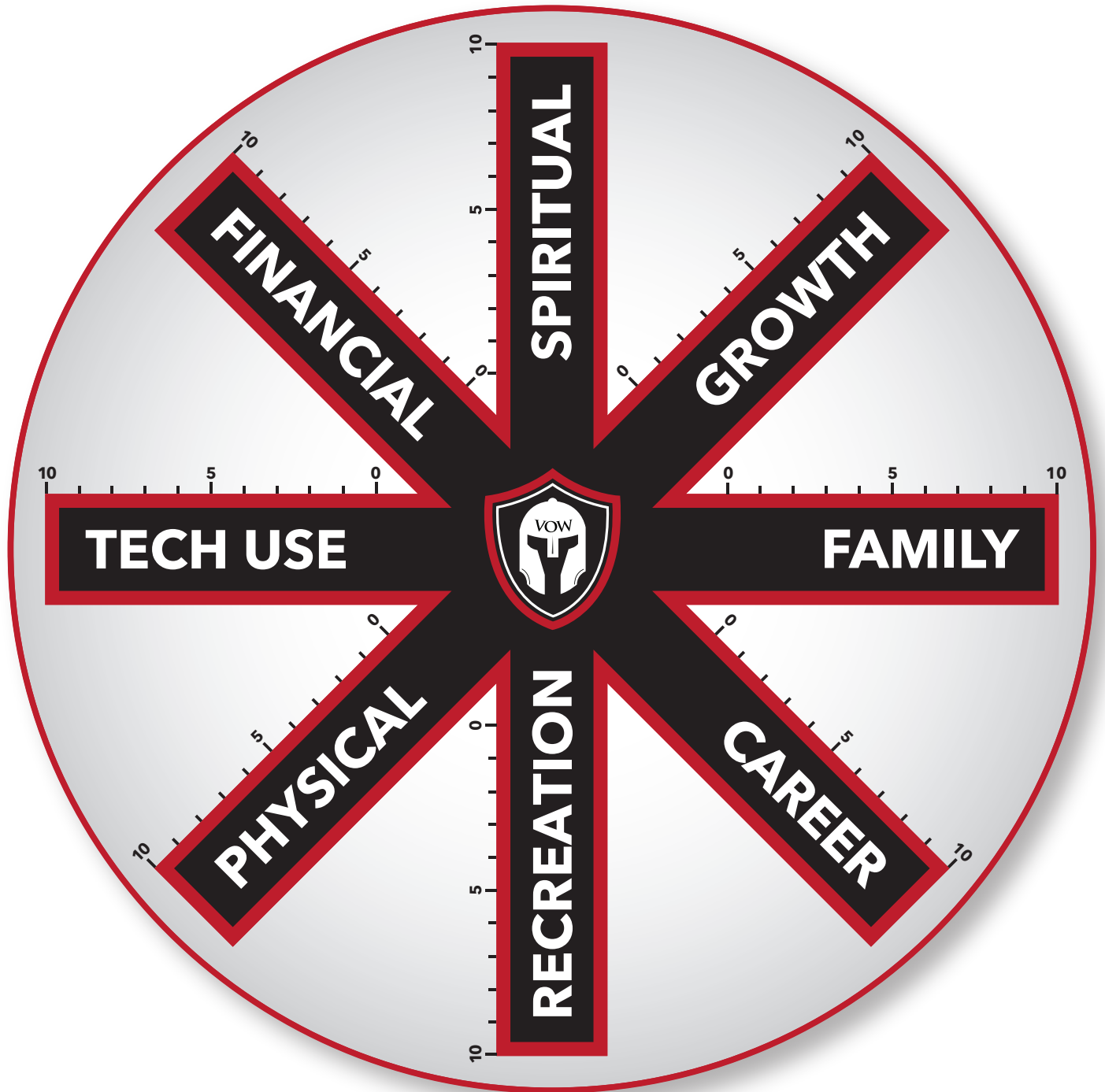


WHEEL OF LIFE



TECH USE refers to ones awareness of and standards for their use of technology (Mobile phones, laptops, video games, etc... and how current use may interfere with one's closest personal relationships).



EXECUTIVE PERFORMANCE COACHING



Scan for more information on our coaching program!

STEPS FOR YOUR WHEEL OF LIFE

HOMework

1. Create a circle around the number on each spoke, as it corresponds to where you believe you are, currently. 1 means "It's horrible" and 10 means "I can't see it being any better than this!"
2. Draw a line from circle to circle, so you can see the current shape of your Wheel of Life. How does it look? Are you rolling, or not so much?
3. Time to reflect on WHY you believe you are where you are, on the lowest numbers, and why you believe you're doing well on the higher numbers.
4. Write out your thoughts for us to discuss. This is important! It'll reveal your current beliefs around the areas noted.
5. Listen to the YouTube video of Earl Nightingale's "The Strangest Secret" (It's 32:05 minutes)
6. Finally...the most CRITICAL part of this exercise is taking time to THINK about and picture in your mind what a "10" would look like for you. REALLY take your time and be as crystal clear as possible. Get a journal that you will commit to carry with you everywhere you go, and write out the title of each spoke 1-8, and commit to paper with clarity exactly what a "10" would look like for you, a year from now. In other words, if your life was a "10" in that area, what exactly would you be doing daily? What would you be doing weekly and monthly? You're going to want to write this out as clearly as possible because you will read this regularly in order to give yourself clarity, which will magnetize the resources to you, helping you to achieve your new vision. This is so important to your personal growth and development. Simply do your best, and remember...there's no right or wrong answer. It's YOUR life and YOUR vision!!

