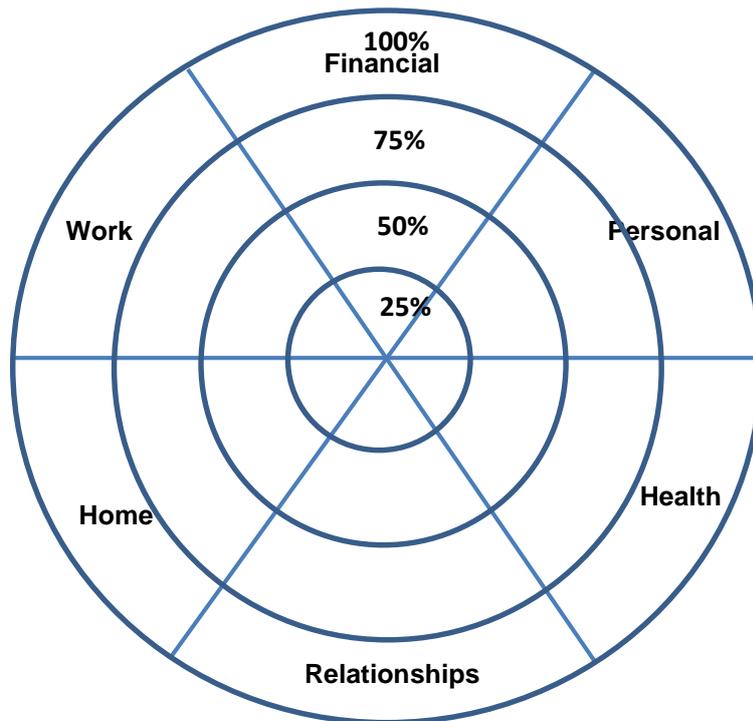


## Self-Coaching Tool

Use this coaching tool to create a snapshot of your current *life-satisfaction*. Once filled in, the wheel gives a clear indication of what areas are in good shape and what areas need boosting, focus or change.

**How to use:** The 6 sections in the wheel represent life-balance. If you regard the centre as 0% and the outer edge as 100%, you can rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge. You can rate each area intuitively, off the top of your head, or you can use the checklist to rate each area then transfer the results back to this wheel.



## What's in the GAP?

Now you have your life balance wheel filled in, it's time to identify *what's in the gap*? What would boost a 25% satisfaction rating from 25% to where you would like to be? 50%, 75%, 100%? What difference would that make to your life? What's the first change you could make right now? What goals now seem possible for you to set?

## Personal Checklist Tool

Use this tool to help you get a clear picture of your life. Tick each statement that is true for you and add them up at the end of each section. Then, at the end, score yourself out of 60. The tool gives you an overall "satisfaction" rating for each aspect of your life and offers up indications of what areas for change.

### WORK

- My work stimulates me
- I am proud of what I do for a living
- I feel appreciated in my workplace
- I respect the people I work with
- I know where my career/business is heading
- I respond to calls and e-mails within 48 hours
- I don't let paper work pile up
- I complete my work within reasonable hours
- I manage my time well
- I delegate without guilt

\_\_\_\_\_ out of 10 of these statements are true

### FINANCES

- I am satisfied with my income
- I have a budget that I use
- I pay my bills on time
- I know how much I owe and when it will be paid off
- I have an active long-term financial plan
- I am able to reward myself without feeling guilty
- I use my credit card wisely
- I have a will
- My wallet is uncluttered
- My tax affairs are up to date

\_\_\_\_\_ out of 10 of these statements are true

### PERSONAL HOME

- I am happy with my home
- My home is generally clean and tidy
- I surround myself with things that I love
- I don't acquire clutter
- I recycle at home
- My personal files are in order
- My bed supports me having a good sleep
- My bed is always properly made
- I have photos of loved ones on display
- I am happy with my mode of transport

\_\_\_\_\_ out of 10 of these statements are true

Score out of 60 \_\_\_\_\_

### HEALTH AND BODY

- I am happy with my current weight
- I do some form of exercise at least three times a week
- I have a balanced diet including lots of fresh food
- I don't smoke or drink alcohol excessively
- I drink at least 2 litres of water every day
- I am up to date with all necessary medical checkups
- I am happy with the sleep I get
- I have appropriate clothes for work and personal interests
- I am not concerned about my stress levels
- I feel generally well

\_\_\_\_\_ out of 10 of these statements are true

### RELATIONSHIPS

- I am happy with the level of intimacy in my life
- My partner and I respect each other and are equals
- I get along well with my work colleagues
- I make amends easily with people I've had conflicts with
- I trust the significant people in my life
- I am on good speaking terms with my neighbours
- I consider myself to be a good friend
- I see people who are important to me regularly
- My friends and family know that I care about them
- I am satisfied with my social life

\_\_\_\_\_ out of 10 of these statements are true

### PERSONAL

- I like myself
- I have had a birthday party in the last two years
- I have a life outside of my work
- I have enough confidence to do what I want in life
- I have adequate holidays each year
- I don't lie or exaggerate
- I am comfortable saying no when I need to
- People know they can count on me
- I can easily recall the last time I really laughed
- I have a form of creative expression

\_\_\_\_\_ out of 10 of these statements are true

**Insights from doing this?**

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**Actions I will take and when**

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