

Phase 1: Evaluation

Module 1: Evaluating Where You Are

3 Guidelines from Review Your Year:

- _____
- _____
- _____

8 areas of life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

The extra area that could apply to me is _____.

The area I could split into two is _____.



Perfectly **BALANCED**

Career

This includes: your job or your business, industry, level/position can even include your work environment, coworkers, boss clients/customers and suppliers etc. This also refers to if you're unemployed and if you volunteer.

Friends and Family

Think of the relationships you have with your friends: this includes the mutual support and how much you enjoy your time together. For family it refers to your immediate family as well as those in your extended family whom you want to be close with.

Money

This is not about having a billion dollars. It's more about how satisfied you are with the amount of money you have. Do you have enough to do what you need or want in life? To cover bills? Do you have an understanding about your financial position and a plan for your financial future?

Health

Health includes your overall wellness: your physical body, your inner health and the level of exercise and nutrition. If you have any illnesses or other complaints such as headaches, lack of energy, weight gain or any physical limitations they would be included here.

Personal Development/Education

This can include your hobbies, reading, any courses you are taking and anything you are learning. This would also be your spiritual side if you have one. Also conferences, seminars, self-improvement, self-awareness and personal growth.

Physical Environment

This is your home, neighborhood, community, city, country and the weather where you live. This can also include how it is inside your home. Think about the place or spaces you spend the most time in.

Significant Other/Romance

This can be the person you are dating, your partner or spouse and the romance you have. Referring to the emotional and physical connection you have, the amount of time you spend together, the mutual respect and support you have and your level of communication and connection.

Fun and Recreation

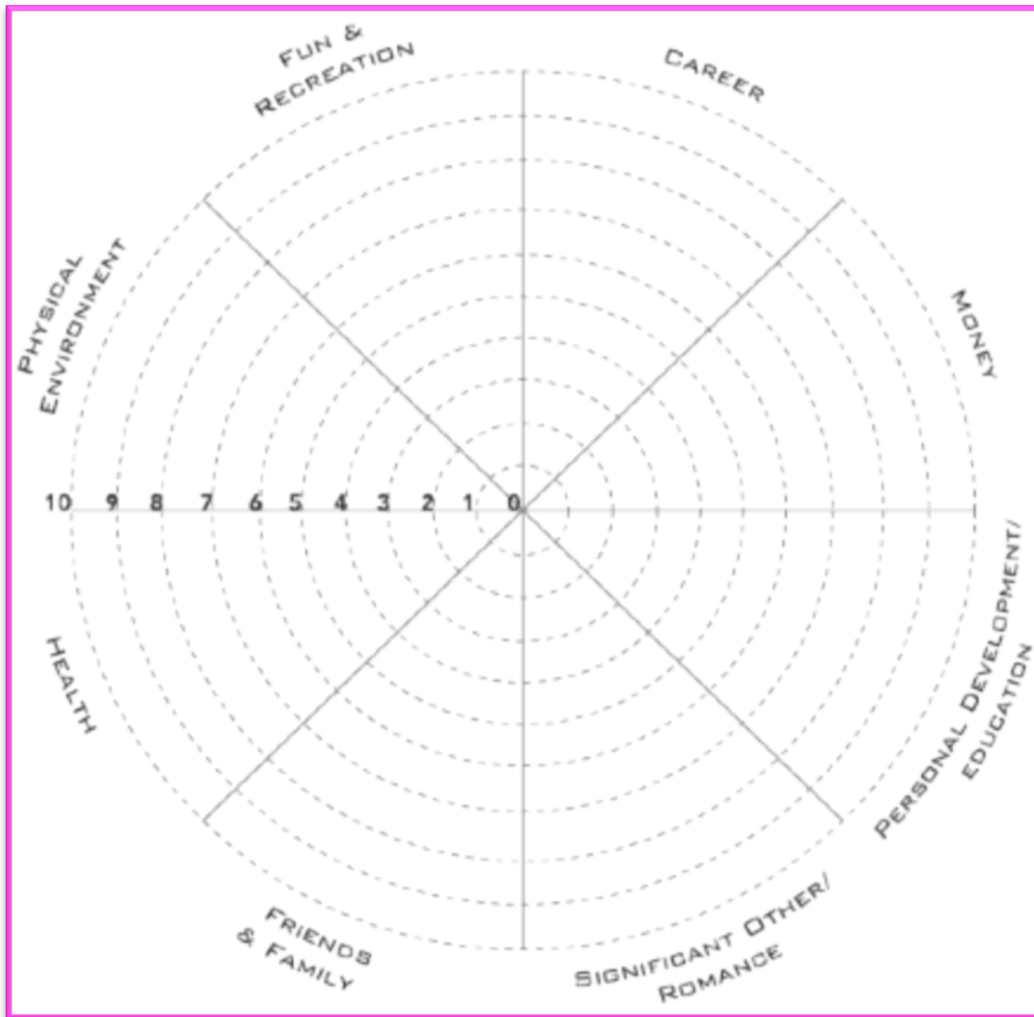
This area can include the times out with family/friends or a significant other. In general the amount of fun you are having going to activities such as concerts, sporting events, dinners or movies out, your hobbies and going on vacation or having time off to do whatever you enjoy.

What does it mean to be successful?

What does it mean to be satisfied?

The Wheel of Life

There are 8 sections to the Wheel of Life that represent several different aspects of your life. Seeing the center of the wheel is a zero and the outer edges are a ten, rank your level of satisfaction with each area by drawing a line along the dotted lines to create a new outer edge.



My current level of balance is ____.

The balance number that I'm aiming for is ____.

3 areas that are my current priorities:

- _____
- _____
- _____

3 areas that I want to focus on:

- _____
- _____
- _____

The Concept of "Saying no to say yes."

Things that I want to say yes to:

Things I need to say no to:

Yes/No Commitment Statements

1. I'm saying yes to _____.
2. I'm saying yes to _____.
3. I'm saying yes to _____.
4. I'm saying no to _____.
5. I'm saying no to _____.
6. I'm saying no to _____.

Who am I going to commit to?

Why is this important for me?
