Wellness Wheel

Take time to reflect on each wellness area in your life. Rate each area a 0-10 (0 being absent from your life to 10 being very highly satisfied). The middle represents 0 and the far edge represents 10. Draw a line that best represents that number in the given pie.

Inner Peace

Career

**10**

**0**

Lifestyle

Creativity

Physical Environment

Relationships

Finances

Health

Example:

Goal Worksheet

What are the goals you most want to set for the next 180 days? Only select goals which you truly want. Look deep inside and then write 3-5 of your personal and/or professional goals. When you set the right goals for yourself, you will probably feel excited, a little nervous, and willing to get started. Your goals may evolve over time. This exercise is to give you a clear place from which to start.

The specific, measurable goal is:

|  |  |  |
| --- | --- | --- |
| Goal | Start Date | Finish Date |

**What are some personal and professional benefits to you of accomplishing these goals?**

Thoughtful Questions

As your coach, it’s important for me to get a sense of how you view the world and yourself. Each person has his/her unique ways of perceiving and has a unique way of interacting with others.

The following questions are to help me get to know you better. They are designed to be pondered and to stimulate your thinking in a way that will make our work together productive and rich. I suggest you chew on questions for a few days as you compose your responses.

Please take all the space you need between each question.

1. If there were no obstacles in the way, what dream would you like to make happen?

2. Think about one or two people you know who inspire you. What about them is inspiring?

3. What parts of your current job or life activities do you enjoy the most?

4. What two steps could you take immediately that would make the biggest difference in your current situation?

5. How have you been motivated in the past to reach difficult goals, make difficult decisions, or do challenging things? How can we best utilize that motivator now?

6. Do you give your power away? When, and to whom?

7. What do I need to know about you that will help me most in coaching you?