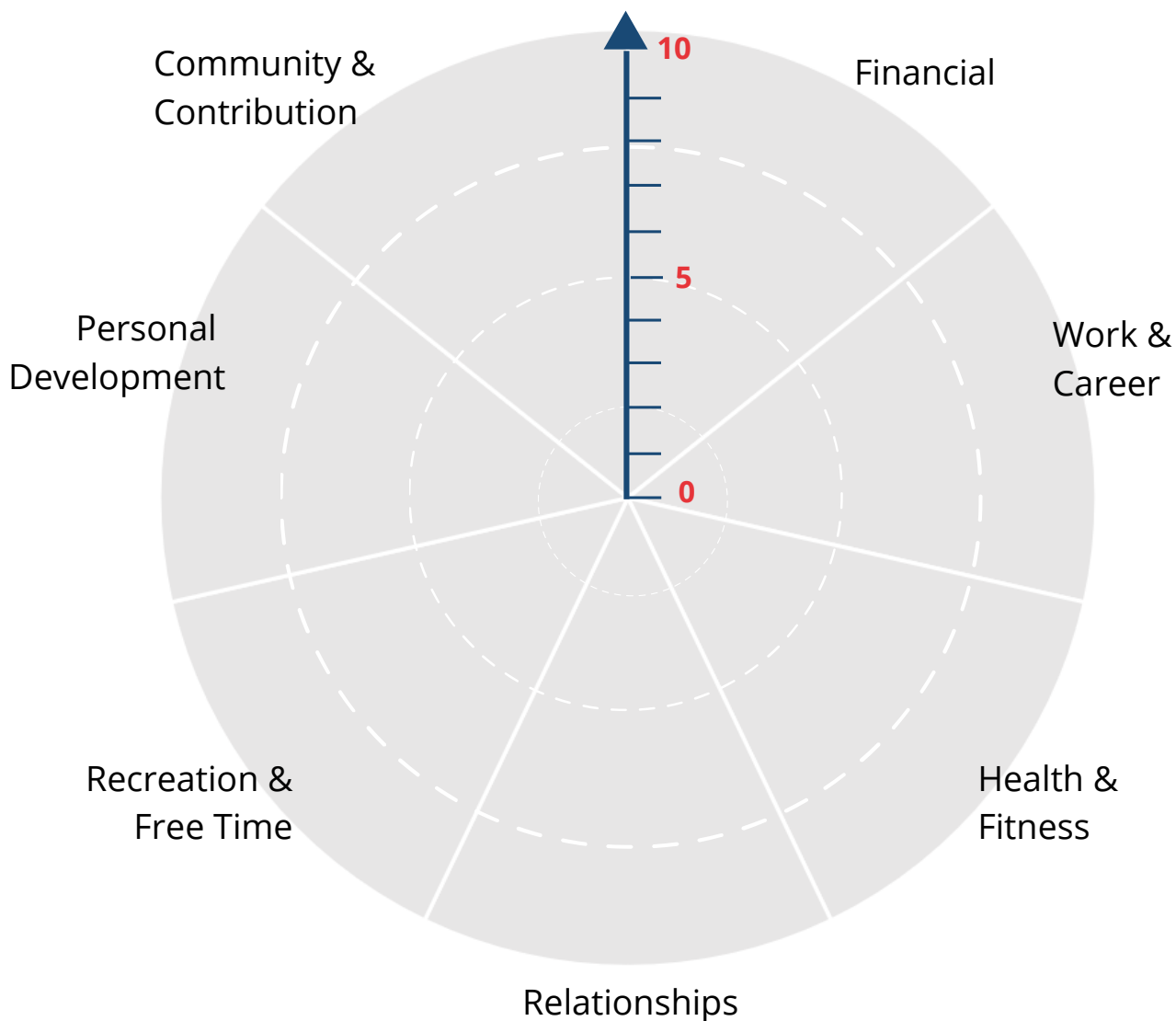


Session 1:
TAP INTO YOUR
TRUE POWER



WHEEL OF LIFE



INSTRUCTIONS

To fill out your Wheel of Life, score your level of satisfaction in each of the 7 areas of your life. Zero being that you are not at all satisfied, and ten being that you're extremely satisfied with where you're currently at.



REFLECTION

How does your wheel look? Is it balanced between several areas or do you have some that are 9's and 10's and others with 2's and 3's? Most importantly, does it reflect your priorities accurately? Do you like the way it looks or are there areas that you'd like to change?

Looking at your wheel, what is the area you feel happiest with? Has this always been an area that you've felt good about or did you intentionally work to create specific outcomes in this area?

What do you think has contributed to your success in this area? Are there certain beliefs that you hold that support your success? Do you have specific routines? Are you more intentional?



What is the one area that you want to improve more than any other? If you improved this area what kind of positive impact would it have on other areas?

Has it always been more difficult for you to create the results you want in this area or has it been unusually difficult more recently? Why do you think you've struggled in the past with creating a high level of satisfaction in this area?

What are the limiting beliefs you've held in this area?

What would it look and feel like a month from now if you made this one area your singular focus over the next 30 days?



COMMITMENT

Spend some time journaling all the ways that you can think of to improve this one area of your life. Get creative. Perhaps you need more accountability? Perhaps you have new skills to learn? Perhaps there is new information you need? Perhaps you need to create disciplined routines? Write down anything and everything that you think could help you create a higher level of satisfaction in this area.

Of everything you listed above what are three specific actions that you could commit to that would make the most significant positive shift in this area of your life?

1. _____
2. _____
3. _____

Of these options, which one are you 100% committed to doing over the next 30 days to improve this ONE area of your life? Research has found that implementation intentions don't work as well if you try to improve multiple habits at the same time, so this month is all about producing significant, tangible results in just ONE area.

