

BALANCE.....

REALLY CAN BE FUN! LEARN HOW!!



DREAM - DECIDE - COMMIT

PLAN - ACT

ACTION IS FUN

JO CHRISTIE, LIFE COACH

***Personal and professional coaching that fits into the life you have
to assist you in creating the life you desire.***

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914-266-7077

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“Setting goals is like delegating to your Universal Manager. And achieving the vibration of *allowing* is like standing back and trusting your manager to set things into place, trusting that when another decision is needed from you, you will be aware of it. You are not *delegating* your life -- you are *creating* your life. You are becoming the visionary, in the creation mode, but there will still be plenty of things that you will want to *do*. We in no way want to steer you away from action.”

Action is fun.
Abraham-Hicks

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CREDITS

PAT SANDRY - I want to thank Pat for being my editor. Pat not only checked this workbook but she also goes through each newsletter before it goes out. Any errors are, however, my responsibility.

PHOTOGRAPHER.....JO CHRISTIE

(Except, of course, for pictures of Jo Christie)

I have always believed that learning should be a life long adventure, and have therefore continued to peruse my education through both traditional and nontraditional venues.

FORMAL EDUCATION

WILLIAM WOODS UNIVERSITY
BACHELORS DEGREE

UNIVERSITY OF HAWAII
MASTERS DEGREE

COACH TRAINING INSTITUTE
CO-ACTIVE COACHING

LIFE EDUCATION

PEACE CORPS / MICRONESIA
THREE YEARS

OVER THE YEARS I HAVE STUDIED THE WORKS OF:

ABRAHAM-HICKS
CHERYL RICHARDSON
DAVE ELLIS
DEBBIE FORD
DEEPAK CHOPRA
JAMES ARTHUR RAY
JOHN MAXWELL
WAYNE DYER
THE COACHES TRAINING
INSTITUTE

TO NAME BUT A FEW

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WHEEL 2

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INTRODUCTION

This workbook is about personal and professional growth and development.
It is also about balancing your life!
It is about change!!

This workbook is designed to help you determine where you are now and where you want to go. Some areas of your life are probably going very well, while others could use a bit of attention - or maybe even a lot of help! Where you are now is simply reflection of your past thoughts and actions or lack thereof. It is what it is and it will change when you change. There is nothing you can't achieve! You are in total control! This can be fun.

If you come up with all 10's, please call me! I would love to learn from you.

If not, on the next page you will find a check list. I recommended that you take your time while you work through each step. Remember, the extra time spent in laying the foundation will be well worth the effort.

In each section I have left a blank line after the questions. This space is reserved the question I have not, as yet, thought of. If you create one, please tell me so I can include it in future editions to help others. Thanks!!

If you wish to frame your work as a challenge, I have included a work sheet for you (make several copies!). After you have completed everything, including your ideal day exercise, fill in the 90 day challenge sheet and post it near your desk. Also put the details in you calendar.

I have included a second wheel, make copies of this and check back from time to time. If you keep separate wheels you can see your progress. Now that's exciting!

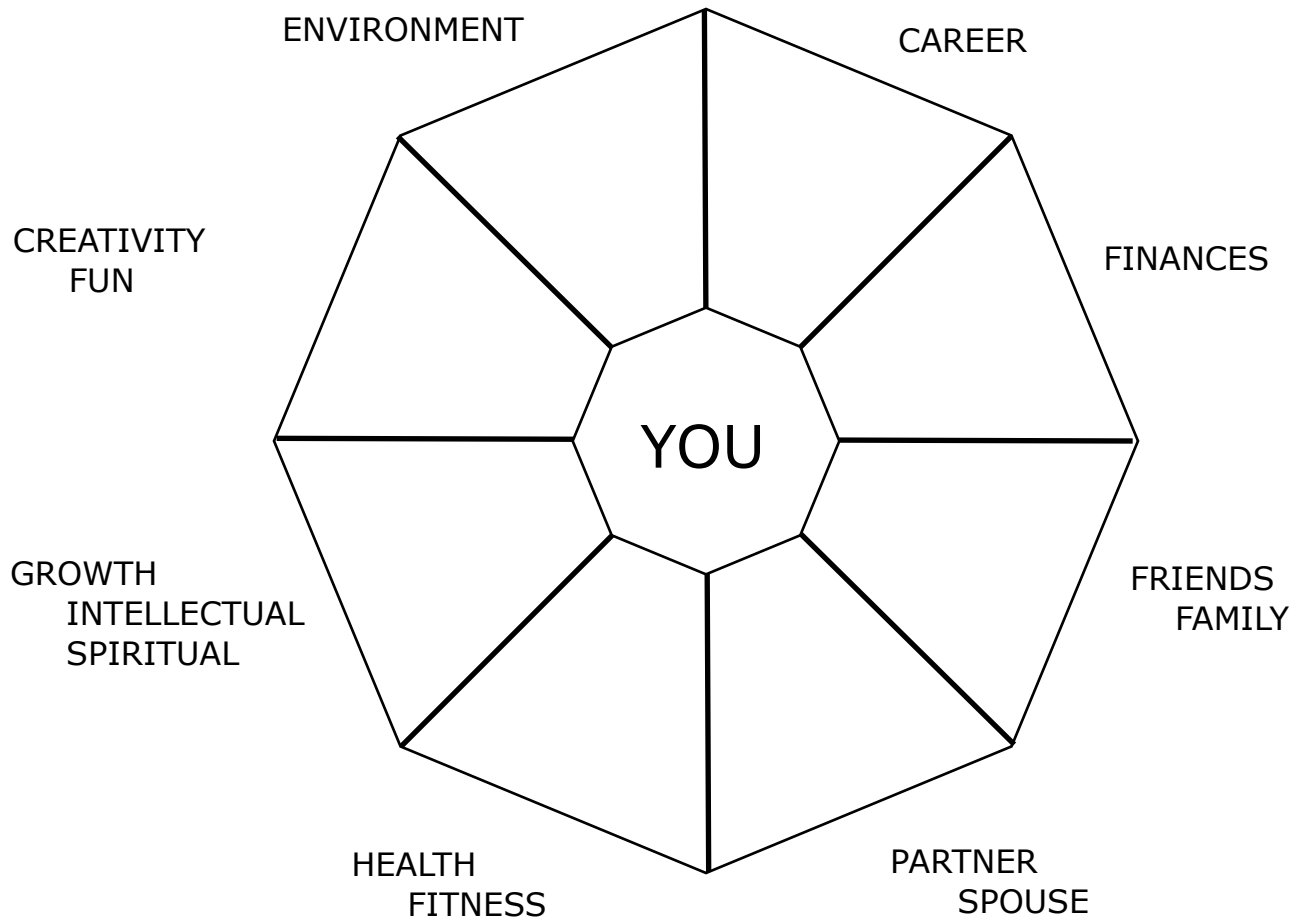
While you are working through this workbook you might decide that working with a coach would be a benefit. The only way to know if a coach is the right match for you is to spend some time with her. To help you with your decision I offer Complementary Coaching Consultations. This way you can know how I work and I can be sure I can be of service to you. At the end of 30 - 45 minutes we will know if there is a match. I save a few coaching blocks each week. To get started e-mail me today and we can arrange a time that works well for both of us.

I look forward to hearing from you!

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DIRECTIONS

- The first thing you will want to do is go through each segment of the wheel and give yourself a number from 0 to 10. (0 = Not at all the way I want it! 10 = Life is good!) Use the questions in each section to help you!! This is simply a map of where you are today, please maintain a judgment-free attitude.
- Many people have a tendency to see only what is missing, I encourage you to list at least five things that you have to be grateful for in each area, no matter what the score.
- After you have completed this part, think about where you want to be in a year. Take some time to write your vision and think about your true desires for each area.
- Once you have a good picture about where you want to go, pick two, perhaps three areas where it is important for you to begin and decide to begin your work.
- Take some time on three different occasions and write as many ideas as you can come up with to move from where you are to where you want to be in these areas. Focus on solutions. The trick is to try to get to 15 + ideas each time you sit down. $15-20 \times 3 = 45-60$ ideas! That is 45-60 for each area. No judging, make it wild and fun.
- Put them away for a few of days and then review them. Now you can put on the judge cap and select the best of the group. Select actions you can see yourself taking to make a change for the better.
- Write each selected solution (aka goal) in your workbook or on a 3x5 card. Set up a 90 day challenge. Then get out your calendar to start a time line and setup accountability. This might be a good time to hire a coach if you haven't already.
- Have Fun!



DATE: ____ / ____ / ____ .

The eight sections in the "Wheel" represent balance in your life.

Seeing the center of the wheel as YOU, and the outer circle a reflection of where YOU are. The INNER edges of the outer circle have a value of 0, and you rank the OUTER edges according to your level of satisfaction with each life area by drawing a curved line to create a new outer edge. You might want to add or remove sections. Your life values might be a bit different from the above wheel. Feel free to modify the wheel in a way that suits you.

The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

GRATITUDE

THIS SECTION IS VERY IMPORTANT!!

CAREER

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

FINANCES

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

FRIENDS / FAMILY

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

PARTNER / SPOUSE

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

GRATITUDE

HEALTH / FITNESS

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

GROWTH INTELLECTUAL / SPIRITUAL

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

CREATIVITY / FUN

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

ENVIRONMENT

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

GROWTH INTELLECTUAL / SPIRITUAL

NOW - WRITE YOUR VISION OF HOW YOU WANT IT TO BE!

Lined writing area for vision.

GOALS!

Lined writing area for goals.

TAKE A
FEW MINUTES TO WRITE A DESCRIPTION
OF YOUR IDEAL DAY.

CONSIDER THE AREAS YOU ARE GOING TO WORK ON FIRST.
AND THEN ALL OTHER AREAS.

IT'S GOOD TO HAVE SOME FUN AND GO OUTSIDE
"THE BOX"
USE AS MANY SHEETS AS YOU NEED!

FEEL FREE TO USE EXTRA PAGES

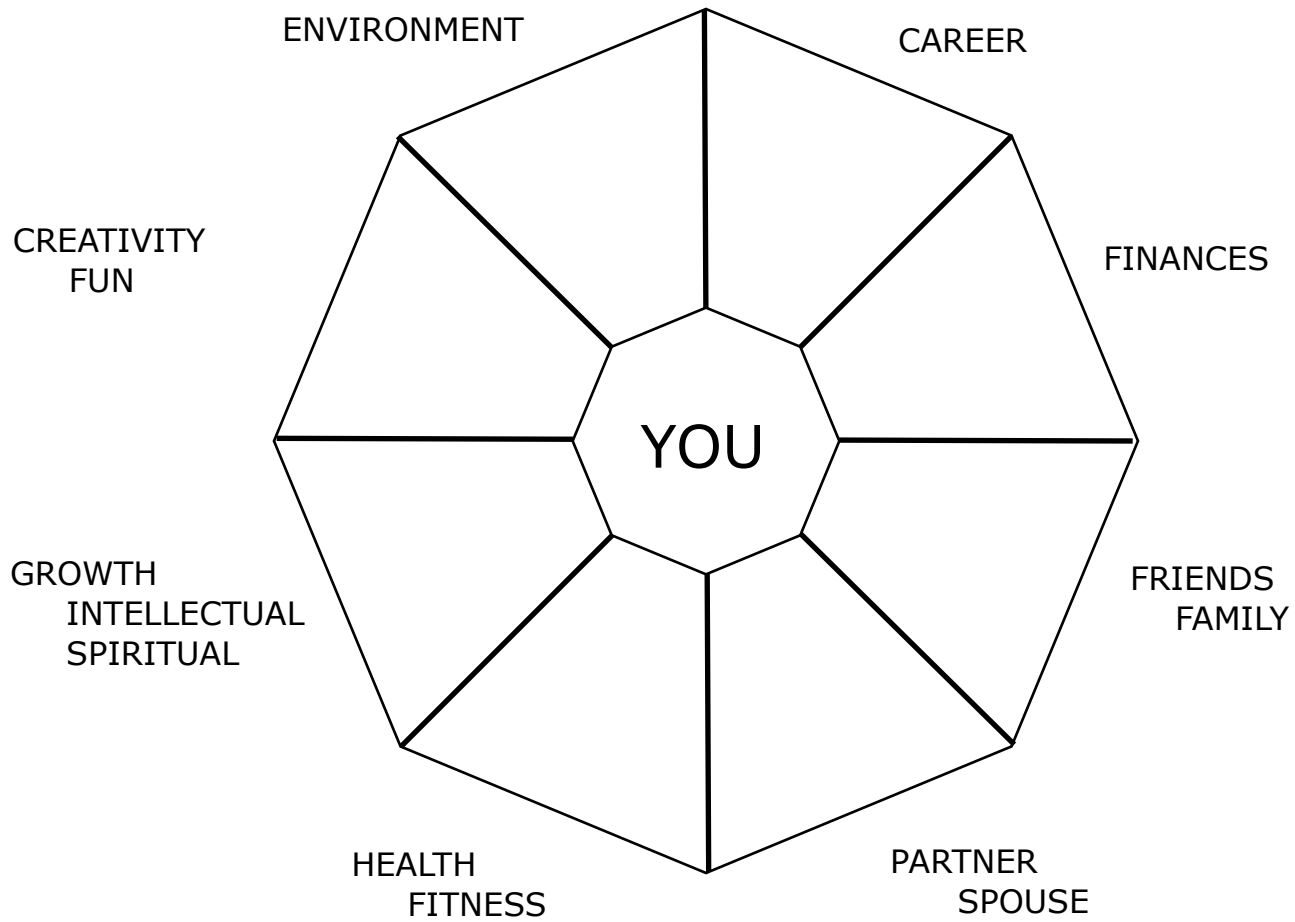
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90 DAY CHALLENGE

GOALS	MONTHLY GOALS	WEEKLY GOALS
CAREER	MONTH	1
		2
FINANCES		3
		4
FAMILY / FRIENDS		
PARTNER	MONTH	1
		2
		3
HEALTH AND FITNESS		4
GROWTH / SPIRITUAL		
		1
CREATIVITY / FUN	MONTH	2
		3
ENVIRONMENT		4



DATE: ____ / ____ / ____ .

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