

Chapter 4: Integrate New Skills

Goals, Skills, and the Wheel Of Life

Congratulations on making it to chapter 4! You have put in so much incredible work so far acknowledging self-destructive behaviors, changing thought patterns, planning actionable goals, aligning with your values and ultimately taking steps toward your vision!

We are so proud of you.

If you want to achieve your goals, a “new you” is going to be required. In this exercise, you will be carrying out an honest self-appraisal. What skills do you need to develop to have the life you want? Do you need to learn anger management? Effective communication skills? Leadership skills? Maybe to achieve your goals you need to learn mindfulness, how to golf, or how to surf? For any significant goal you set for yourself, there exists a set of skills you can learn to help you achieve it.

This is your opportunity to consider your goals and take small, bite-sized actions toward their completion. A great question to ask yourself is: “If I could complete one goal in the next year, which goal would have the greatest impact in my life? What smaller skills would I need to master in order to reach that goal?” You do not have to limit yourself to only one goal.

Example 1

Section	▶	Family & Friends
Goal	▶	I envision myself having great relationships with my friends.
Skills	▶	In the next year I intend to learn the skills of empathy, effective communication, and reaching out.
Action Steps	▶	I will reach out to 3 people.

Example 2

Section	▶	Health
Goal	▶	I envision myself reducing my anxiety.
Skills	▶	I intend to learn the skills of stress management, breath work, self-soothing, mindfulness, and cultivating self-compassion.
Action Steps	▶	I will find and watch a video on breath work.

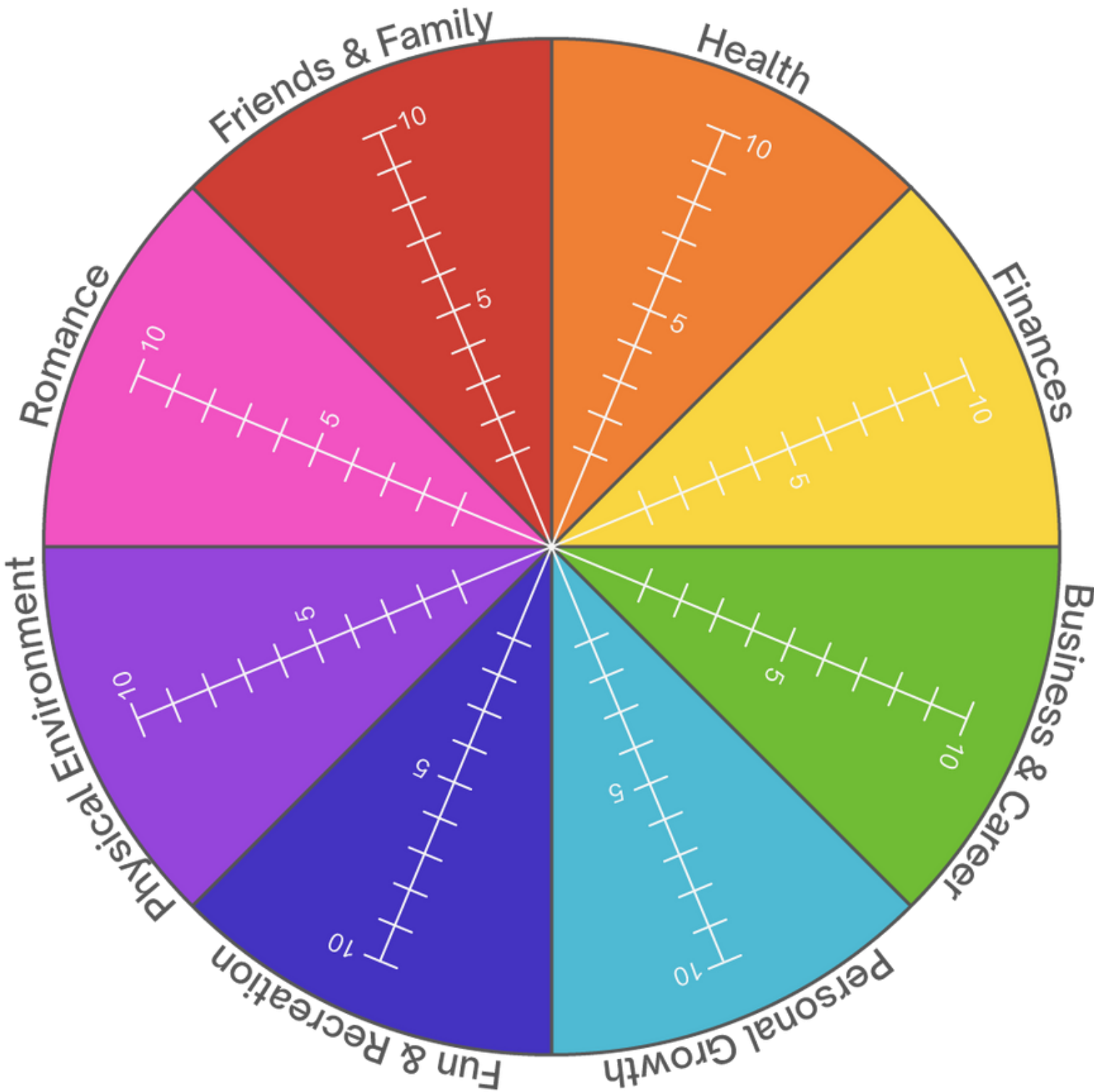


Example 3

Section	▶	Finances
Goal	▶	I envision myself becoming financially secure.
Skills	▶	I intend to learn the skills of budgeting, paying off debt, investing, finding passive sources of income, taking on more responsibilities at work, and managing spending habits.
Action Steps	▶	I will download a budgeting app.

Wheel Of Life

The image below represents the Wheel Of Life. You will find nine sections of your life that may be applicable to your major goals. Within each section, you will identify skill sets and action steps that will support you in accomplishing your goals.



Step 1:

For each section in the Wheel Of Life, rate on a scale of 1-10 how satisfied you are in that particular area of life. For example: a rating of level 1 = completely dissatisfied, and a rating of 10 = completely satisfied. Fill out your ratings in the table below.

Ratings

Section:	Satisfaction Rating: (1-10)
Physical Environment	
Business/Career	
Finances	
Health	
Family	
Friends	
Romance	
Personal Growth	
Fun/Recreation	

Step 2:

If there is room for growth in any given section, identify how there is room for growth by looking at the list of skill sets provided below. What goals would you need to set for that section? What skills would you have to master or learn in order to improve your satisfaction score in that section? What action steps would you need to take? For example: if you rate Business/Career at a level 4, what skills would you need to improve upon to bring your rating up to a level 6, 7, 8, etc?

Step 3:

Actively write out a *goal* for each section of life, the *skills* that would support that goal for each section, and the action steps you can take right now to get started moving towards your goal. ****you may add your own goals or skills if they are not already listed below****.



Wheel Of Life: Example Skills

1. Physical Environment

- ☐ Clean house
- ☐ Organization of belongings
- ☐ Desirable location
- ☐ Plants/Gardening
- ☐ DIY projects & home maintenance

2. Business/Career

- ☐ Promotions & climbing the ladder
- ☐ Leadership and Management skills
- ☐ Gratitude for profession
- ☐ Work ethic and professionalism
- ☐ Applying for jobs/getting a job/interviewing/resume writing

3. Finances

- ☐ Budgeting
- ☐ Building credit
- ☐ Building passive income/investing
- ☐ Overcoming debt
- ☐ Donations & charity



4. Health

- ☐ Healthy, Quality Nutrition
- ☐ Regular exercise
- ☐ Emotional regulation
- ☐ Sleep patterns
- ☐ Hydration
- ☐ Stress Management

5. Family

- ☐ Empathy
- ☐ Learning to agree to disagree
- ☐ Healthy boundaries
- ☐ Intentional quality time
- ☐ Forgiveness

6. Friends

- ☐ Regularly connecting with previous friendships
- ☐ Navigating new friendships
- ☐ Hosting and organizing events
- ☐ Managing social anxiety
- ☐ Setting boundaries



7. Romance

- ☐ Intentional dating
- ☐ Deepening a current relationship
- ☐ Learning about the 5 love languages
- ☐ Effective partner communication
- ☐ Healthy expectations/boundaries

8. Personal Growth

- ☐ Time Management/Routine
- ☐ Structure and Scheduling
- ☐ Spirituality
- ☐ Volunteering for a passionate cause
- ☐ Mentoring

9. Fun and Recreation

- ☐ Traveling
- ☐ Sports
- ☐ Hobbies
- ☐ Clubs and Community Engagement
- ☐ Comedy/Humor (cultivating laughter)



Section:	Goal(s):	Skills:	Action Steps:
Physical Environment			
Business/Career			
Finances			
Health			
Family			
Friends			
Romance			
Personal Growth			
Fun/Recreation			

Get as specific as you want with this exercise! The more actionable each goal and skill is that you set for yourself, the more likely you are to carry it out. We will review at least two of the above sections in your coaching sessions this week. We recommend putting stars next to the two sections that you feel most motivated to start implementing in your life.

As always, feel free to reach out to your coach online if you have any questions. Great work so far!

