

Explore | Discover | Define

Vision & Values → Clarity & Meaning → Strategic Goals → Supported Action → Achievement!

Illness vs. Wellness . . . Low-Performance vs. High-Performance

Where do you see yourself on the continuum of *Illness & Wellness*, or if you prefer, the continuum of *Low-Performance* and *High-Performance*? Are you where you want to be? Most importantly, in which direction are you moving on the continuum? Want to make improvements? Coaching is a proven process that guides you on feasible, sustainable path in the direction you wish to go.



What's the Use of This Tool?

Coaching is an individualized process that supports you in getting what you want and becoming who you want to be by challenging you to develop your inner wisdom, identify your values, connect your vision and strengths, and transform your goals into achievable actions.

This Vision & Values Tool is an important first step in the process of getting or becoming what you want.

- It allows you and your coach to better understand what makes you tick.
- It becomes a key foundational treasure in connecting and engaging your natural abilities to clearly set your vision, then design and manage the steps that make your possibilities a reality.
- It's helpful as a stand-alone exercise. It's also designed to combine with other key explorations that set the architecture for the coaching relationship and your success.

How to Use This Tool? Complete the enclosed discovery exercises. Each one includes instructions. Review them with your coach. For ideas on how to use this tool without a coach, please see the last page.

Schedule a FREE 30-Minute Discovery Call Today!

Explore the Possibilities | Connect with Your Coach | Discover Action and Direction

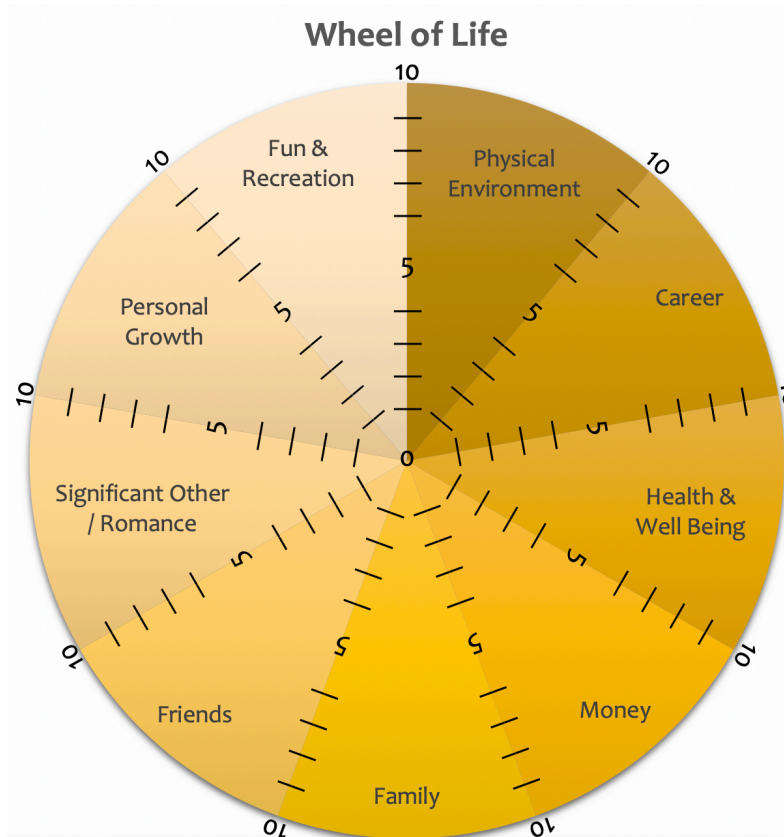
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Learn more about the coaches on the last page.

Name: _____ Date: _____

My Wheel of Life

Consider your level of fulfillment in each area of your life and rate them on a scale of 1 to 10. The closer you are to 10 the more satisfied you feel. In that area. Then connect the number marked in each area forming a new outside perimeter for your circle. The number 10 is merely a suggestion. We believe there are no limits and the sky is the beginning. You are invited to draw outside the lines anytime. It's your process.



Which categories of your life appear to need attention?

What parts of your life are you willing to address? And, when would you consider focusing on them (now, soon, later)?

PERSONAL VALUES INVENTORY AND EXPLORATION

Don't overthink it. Respond with your gut and heart. There are no right or wrong answers. You have the freedom to change your mind or your values anytime. You won't be judged or criticized. This is your exploration. You'll get the most out of it if you are honest with yourself. Try to disconnect from any voices in your head that say you "should" value this or that. Connect to your inner truth in this moment. *The words are only suggestions. ADD TO/AMEND THE LIST TO YOUR NEEDS.

1) Review the list, mark where each is on the scale of importance to you. 2) Return to the list of values in the "Very Important" column. 3) Consider which values from this column are of greatest importance. Narrow down your top 5 to 10 values. Perhaps use highlighters in this step to help you in distinguishing the top 5 to 10.

Scale of Importance to You → Note: Amend or add words & definitions as needed.	Very Important	Important	Not Important
1. Acceptance (to be accepted as I am)			
2. Accuracy (to be accurate in my opinions and beliefs)			
3. Achievement (to have important accomplishments)			
4. Adventure (to have new and exciting experiences)			
5. Attractiveness (to be physically attractive)			
6. Authority (to be in charge of and responsible for others)			
7. Autonomy (to be self-determined and independent)			
8. Beauty (to appreciate beauty around me)			
9. Caring (to take care of others)			
10. Challenge (to take on difficult tasks and problems)			
11. Change (to have a life full of change and variety)			
12. Comfort (to have a pleasant and comfortable life)			
13. Commitment (to make enduring, meaningful commitments)			
14. Compassion (to feel and act on concern for others)			
15. Contribution (to make a lasting contribution in the world)			
16. Cooperation (to work collaboratively with others)			
17. Courtesy (to be considerate and polite toward others)			
18. Creativity (to have new and original ideas)			
19. Dependability (to be reliable and trustworthy)			
20. Duty (to carry out my duties and obligations)			
21. Ecology (to live in harmony with the environment)			
22. Excitement (to have a life of thrills and stimulation)			
23. Faithfulness (to be loyal and true in relationships)			
24. Fame (to be known and recognized)			
25. Family (to have a happy, loving family)			
26. Fitness (to be physically fit and strong)			
27. Flexibility (to adjust to new circumstances easily)			
28. Forgiveness (to be forgiving of others)			
29. Friendship (to have close, supportive friends)			
30. Fun (to play and have fun)			
31. Generosity (to give what I have to others)			
32. Genuineness (to act in a manner that is true to who I am)			
33. God's Will (to seek and obey the will of God)			
34. Growth (to keep changing and growing)			
35. Health (to be physically well and healthy)			
36. Helpfulness (to be helpful to others)			
37. Honesty (to be honest and truthful)			
38. Hope (to maintain a positive and optimistic outlook)			

39. Humility (to be modest and unassuming)			
40. Humor (to see the humorous side of myself and the world)			
41. Independence (to be free from dependence of others)			
42. Industry (to work hard and well at my life tasks)			
43. Inner Peace (to experience personal peace)			
44. Intimacy (to share my innermost experiences with others)			
45. Justice (to promote fair and equal treatment for all)			
46. Knowledge (to learn and contribute valuable knowledge)			
47. Leisure (to take time to relax and enjoy)			
48. Loved (to be loved by those close to me)			
49. Loving (to give love to others)			
50. Mastery (to be competent in my everyday activities)			
51. Mindfulness (to live conscious and mindful of this moment)			
52. Moderation (to avoid excesses and find a middle ground)			
53. Monogamy (to have one close, loving relationship)			
54. Non-Conformity (to question and challenge authority)			
55. Nurturance (to take care of and nurture others)			
56. Openness (to be open to new experiences, ideas, & options)			
57. Order (to have a life that is well-ordered and organized)			
58. Passion (to have deep feelings about ideas, activities, people)			
59. Pleasure (to feel good)			
60. Popularity (to be well-liked by many people)			
61. Power (to have control over others)			
62. Purpose (to have meaning and direction in my life)			
63. Rationality (to be guided by reason and logic)			
64. Realism (to see and act realistically and practically)			
65. Responsibility (to make and carry out responsible decisions)			
66. Risk (to take risks and chances)			
67. Romance (to have intense, exciting love in my life)			
68. Safety (to be safe and secure)			
69. Self-Acceptance (to accept myself as I am)			
70. Self-Control (to be disciplined in my own actions)			
71. Self-Esteem (to feel good about myself)			
72. Self-Knowledge (to have a deep, honest understanding of			
73. Service (to be of service to others)			
74. Sexuality (to have an active and satisfying sex life)			
75. Simplicity (to live life simply, with minimal needs)			
76. Solitude (to have time & space where I can be alone)			
77. Spirituality (to grow and mature spiritually)			
78. Stability (to have a life that stays fairly consistent)			
79. Tolerance (to accept and respect those who differ from me)			
80. Tradition (to follow respected patterns of the past)			
81. Wealth (to have plenty of money)			
82. World Peace (to work to promote peace in the world)			
83. Other Value:			
84. Other Value:			
85. Other Value:			
86. Other Value:			

NOW WHAT?

Great job! You've completed the first step bridging the critical connections between:

Vision & Values → Clarity & Meaning → Strategic Goals → Supported Action → Achievement!

You're well on your way to architecting and manifesting your optimal vision.

OPTIONS FOR ACTION:

1. **Contact a coach and select a coaching package that's right for you,**
2. **Schedule a FREE 30-Minute Discovery Call today with Holly or Michel,**
3. **Use this tool in the coaching process to add rocket fuel to your progress,**
4. **Prepare to achieve your visions!**

Are you more the independent type? You can still use this tool on your own to aid in your self-development and achievement process. We're here to support you at any point along your journey.

Schedule a FREE 30-Minute Discovery Call Today!

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Michel has tackled the subject of performance for more than 30 years. Two distinct sports careers led him to represent Canada at the international level as both athlete and coach. In the past 2 decades, his dedication to excellence supported vibrant parallel careers in the field of health: that of teaching advanced integrative health applications to CAM therapists, as well as guiding clients in their quests for optimal physical, mental, and performance states. He is the co-founder of the first interdisciplinary complementary health center in Quebec and serves as a consultant to the National Sports Institute. Most recently, he focuses on implementing Ten-X performance and well-being concepts at the corporate level with an aim to meet his personal mission: that of serving with significance by empowering large communities to achieve total fulfillment.



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I'm a fierce optimist dedicated to helping you rise to the standards you envision for yourself.

I ditched a 20-year career in the arts to transform my "health-nut hobby" into a purpose-filled passion. Now, I help people like you tap into your most creative self and sculpt the masterpiece called your life. Why? I learned to see the profound opportunity in a potentially ravaging autoimmune condition. I confronted each area of my life, including my mindset and spirit, to heal, redesign and create the conditions for an optimal version of myself. Now, I help people like you gain ownership and control of your health and destiny. Through a personalized coaching process that acknowledges just how truly unique you are, as client and coach, we co-create achievable plans in a safe space where you're heard, accepted, embraced, and empowered to define your life and achieve your desired vision.



Nothing is impossible. The word itself says "I'm Possible." – Audrey Hepburn