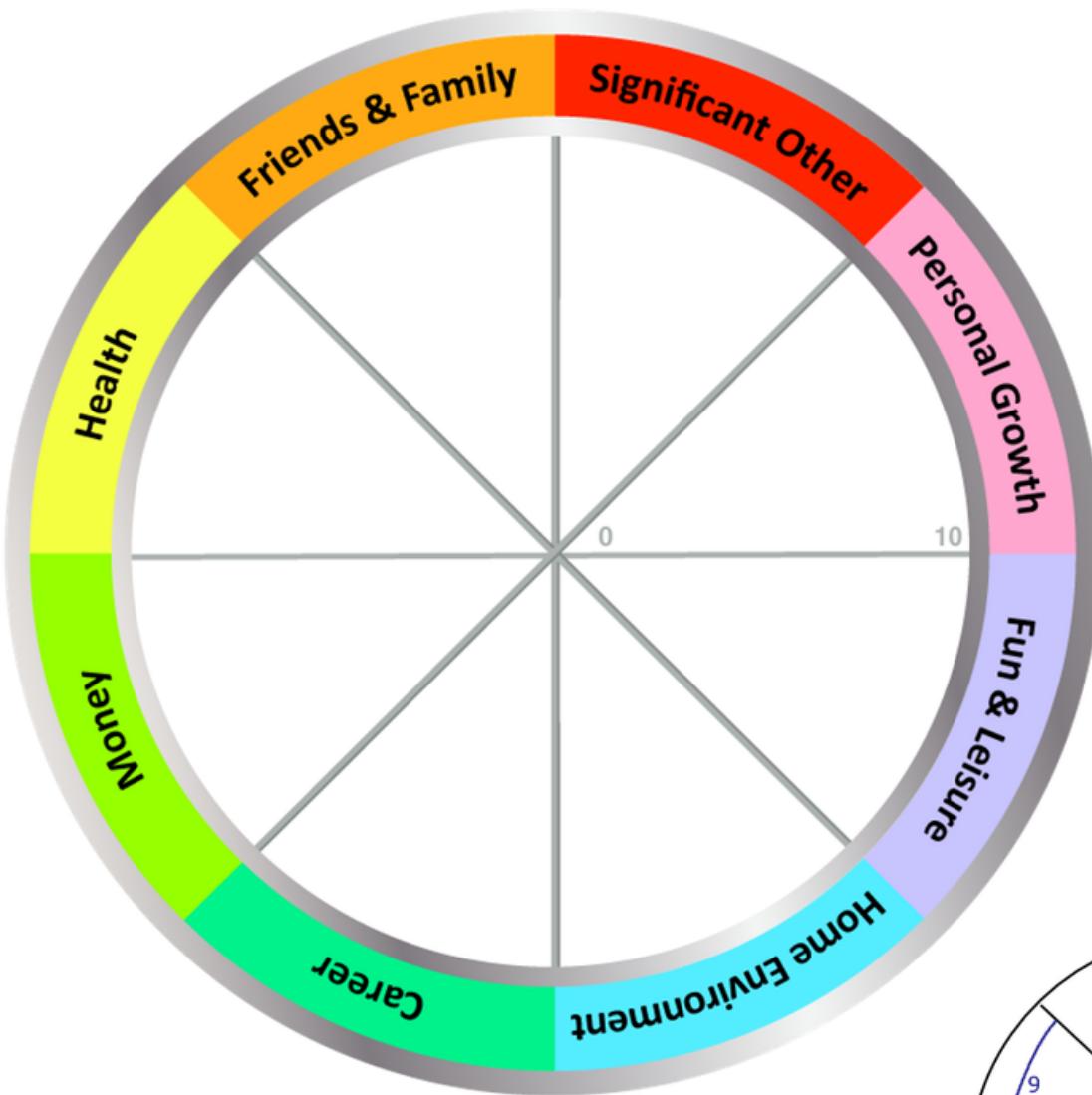


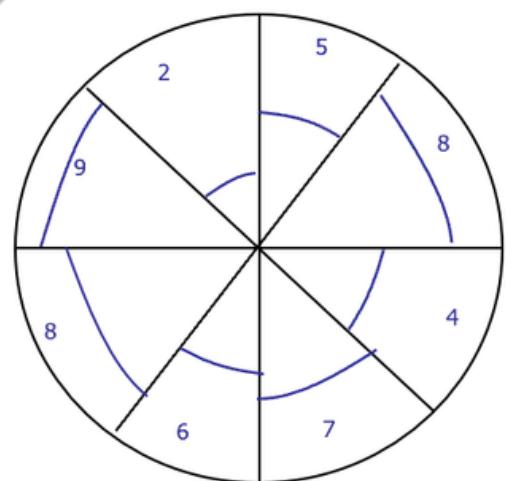
# My Wheel of Life



THE SoulMate COACH



## EXAMPLE



# Step 3

## Wheel of Life

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### 2: Reflect on Your Wheel and Any Imbalances

Now, looking at the wheel here are some great questions to ask yourself as you look at each section of the wheel:

- Imagine yourself a year from now with the same score. How would you feel?
- How do you currently spend time in this area? How would you like to spend time in these areas?
- What would make that a score of 10 and what would that look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change do you want to make first? (rather than what you think you should make first?)
- If there was one key action you could take that would begin to bring everything into balance, what would it be?

# Step 3

## Wheel of Life

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### 3: Take Action – Even if it's Just a Baby Step!

Based on your reflections on the previous page, identify one action for each area that you can take in the near future.

Rather than take the “all or nothing” approach to taking action, which sets most people up for failure, just pick 1 to 3 actions you can take over the next three months. You can revisit the wheel later in the quarter to identify new steps if desired. Give yourself reasonable deadlines for achieving these steps.

If you are very busy or stressed, just identify the smallest step you can take now to get started and revisit the wheel at realistic intervals on your own or with a coach or mentor and identify new baby steps. The key is to move forward, with even the smallest baby steps. Your confidence and optimism will increase with each step.

Map out when you will take these actions on your calendar or task tracker to make sure you don't lose momentum.

Share in the Facebook group one small action that you are committed to taking for each segment of your wheel.

### 4: Create Your Vision Statement

Now that you've identified initial—and realistic—steps forward, let's enhance your vision for the year to keep you motivated! Create a vision statement that states your intention and grounds you in the feeling of success. Create a Vision Statement and post it somewhere you will see it every day. You can add inspiring photos around it to support the vision.

*“I am in the process of attracting all that I need to be, do, know and have, to create my ideal life. I love knowing that taking these inspired actions and focusing more on my vision, is all I need to do. The universe will do the rest.”*

Draft your vision statement here:

## Wheel of Life

### 5: Fuel Your Vision

A key part of reinforcing your vision is to feel what your life will be like when you've achieved these steps and others you create along the way. Imagine the higher-vibrational soul mate you would attract if you were in the process of living your best life! An easy, yet effective way to do this is to spend 2-5 minutes with your eyes closed—without interruptions--and imagining yourself achieving a balanced and satisfying life this year.

You can tap into the emotions you felt when certain areas of your life were satisfying, or simply visualize what it would feel like. If your thoughts drift, just gently turn your attention back to your vision and what it feels like as if it were already a reality. Sit with this feeling for a minimum of two minutes—longer if you can.

The ideal time to do this is the 30 minutes before going to sleep or the first 30 minutes after awakening. Revisit your vision each quarter and adjust as needed. Do not chastise yourself if you fall behind. Just keep taking steps forward and celebrating any progress. Meditate occasionally upon your vision and look at your vision statement/vision board to stay inspired!



# Enrichment Opportunity

*For an even deeper experience of this program, complete the next few pages:*

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01

*Using the B.E.T. and S.M.A.R.T goal tools on the following page, identify the smallest baby step you can take. How would it feel to move even a tiny step forward?*

02

*Map out the actions that you are going to take on your calendar.*

03

*Spend 2-5 minutes every day with your eyes closed imagining yourself achieving a balanced and satisfying life this year. Tap into the emotions of gratitude and joy as if it were already a physical reality. The ideal time to do this is while you are in bed and in a more relaxed, semi-conscious state. We tend to be most receptive during the 30 minutes before falling asleep, or the first 30 minutes after awakening.*



THE *Soul Mate* COACH

## Goal Setting

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We've all heard of using S.M.A.R.T. goals (Specific, Measurable, Achievable, Reasonable, Time-Oriented), but before you use S.M.A.R.T. clarify what a realistic goal is by using the B.E.T. process first. Using both of these tools is a power combo!

### What is the goal?

B – Baby step goal you could take (What is the Bare minimum you can do?)

E – Equidistant goal (A happy medium between the "B" goal and the "T" goal, but still a challenge)

T – Top goal you'd like to achieve (but not realistic)

### How shall I accomplish the goal?

S – Specific – What is the first step of action towards the identified goal?

M – Measurable – How will I quantify success so I know it's accomplished?

A – Achievable – Is the initial step possible to achieve? How will I be accountable?

R – Reasonable – How reasonable is the time frame I've given myself (below) to take this step?

T – Time-Oriented – By when will I have taken the first step towards the goal?

### Questions to ask yourself:

- Is there any internal resistance (fear of commitment, procrastination, lack of confidence in your ability), and if so, how will I overcome it so I can create the life and relationships I want?
- Is there any external resistance (demanding boss/clients/family, conflicts of interest, health limitations), and if so, how can I set better boundaries or adjust my timeline so I can move forward?
- When the step (or goal) is achieved, what is the next step or goal I can plan?

# Step 3

## Goal Setting

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### What is my Goal?

B – Baby Step \_\_\_\_\_

E - Equidistant Step \_\_\_\_\_

T – Top Step \_\_\_\_\_

### How will I Achieve the Goal?

S – Specific \_\_\_\_\_

M – Measurable \_\_\_\_\_

A – Achievable \_\_\_\_\_

R – Reasonable \_\_\_\_\_

T – Time-Oriented \_\_\_\_\_

I will be accountable to \_\_\_\_\_

By (date/time) \_\_\_\_\_

How I will be accountable \_\_\_\_\_

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# Journal Questions



**Answer the following questions to the best of your ability. Curiosity and introspection is the goal. There are no right or wrong answers.**

*01. Which action feels the easiest for you and why?*

*02. Which action feels the hardest for you and why?*

*03. What resources can you use to support you in taking action (asking a friend for support, joining a group, clearing time in your schedule, etc.)*