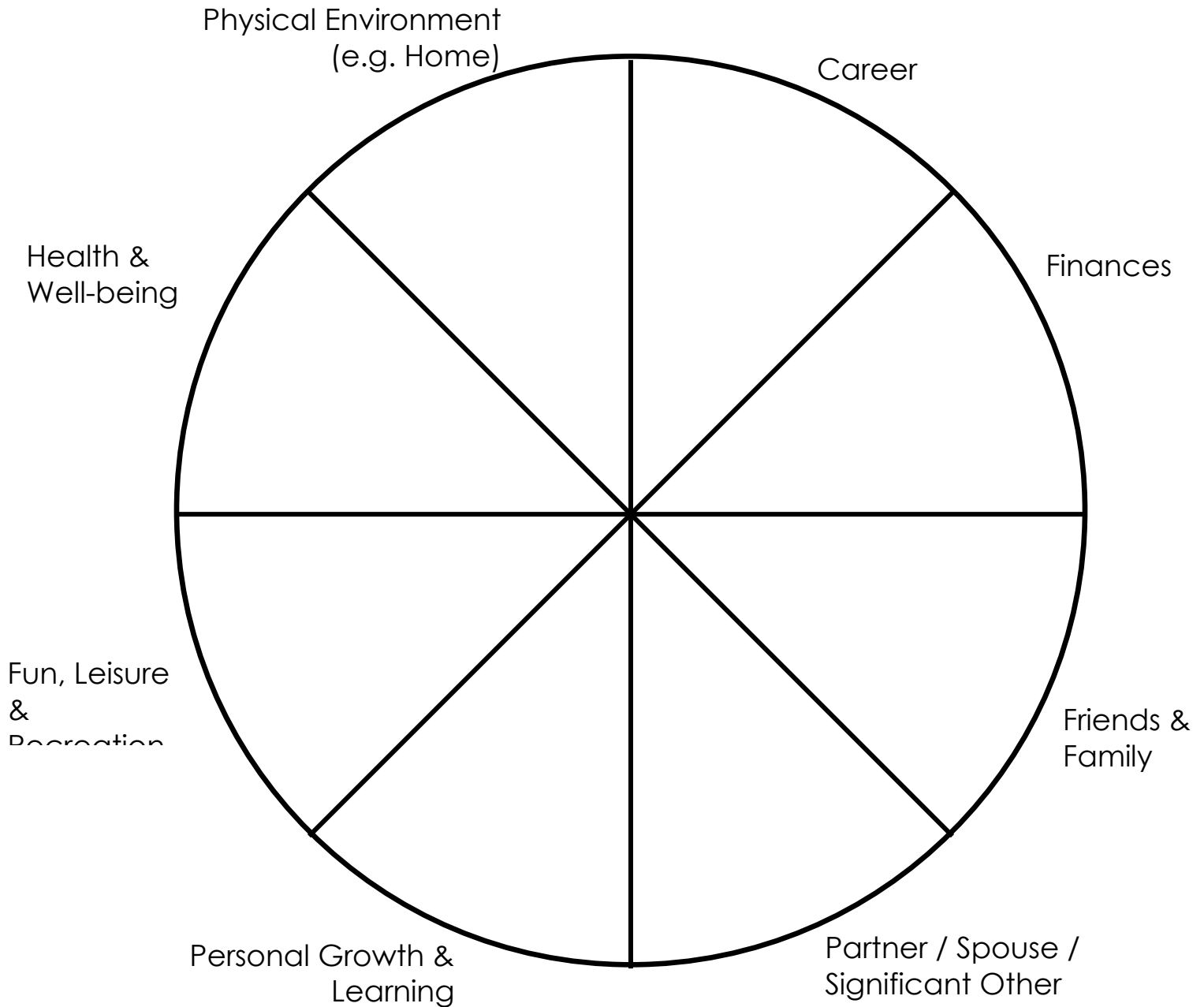


Reflecting on Success

Think back over the past 12 months to answer the following questions:

1. What went really well for you this year?
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2. What is one area you would like to improve next year?
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3. Share your story with another person
 - “Three things that went well for me this year were...”
 - “Next year, my focus will be on improving...”
4. What skill areas of strength can you offer to others?
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5. What skill areas do you need to develop? Who has this area of strength you can leverage?
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Wheel of Life Exercise



Coaching is a two-step dance of discovery and learning followed by life altering action.

1. The eight sections in the wheel represent elements of successful career transition. Seeing the center of the wheel as 0 and the outer edges as 10, rate your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?
2. Next, ask yourself, "What changes do I want to make to increase my satisfaction?" Do this for each segment of the wheel. Write down one answer for each section that will significantly alter the quality of your life.
3. Commit to taking some action right now!