

NIGEL JONES

COACHING & MENTORING



COACHING
CHALLENGE YOURSELF

THE WHEEL OF LIFE

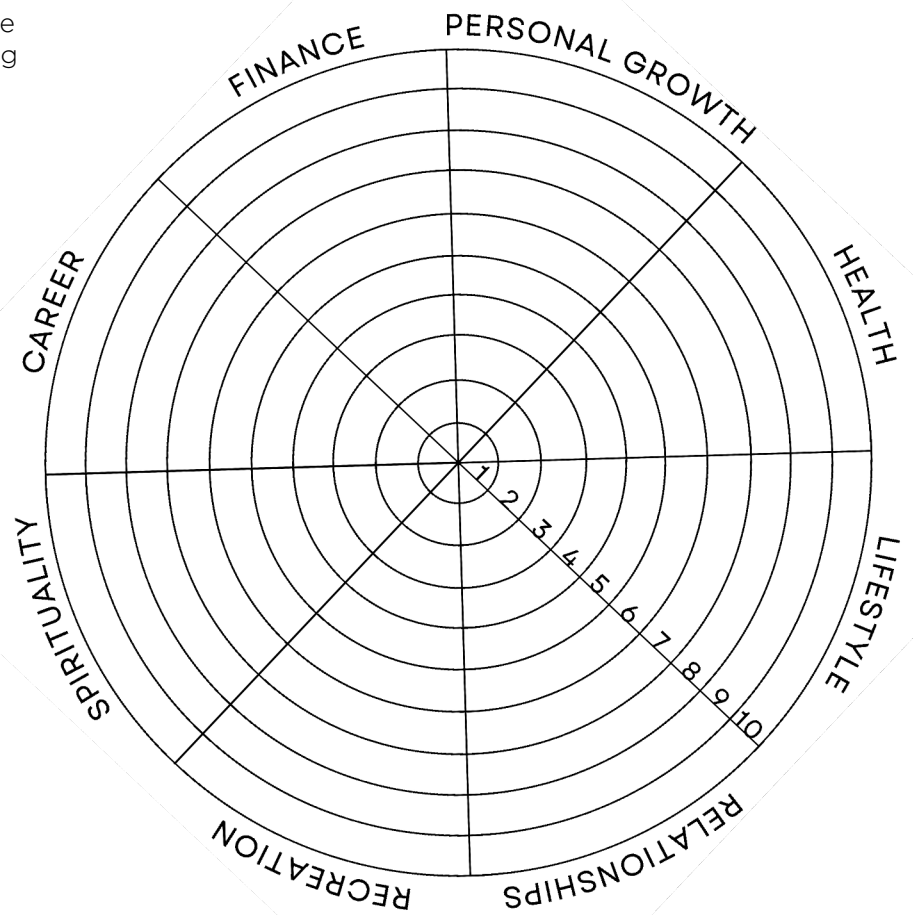
WHAT ARE YOUR LIFE PRIORITIES?

Score on a scale of 1 - 10 how satisfied you are with each of the categories essential for a fulfilling life...

- Health & Fitness
- Lifestyle
- Relationships: Family & Friends, Partner & Love
- Fun & Recreation
- Spirituality
- Career & Work
- Money & Finance
- Personal Growth & Learning

1 = very unhappy
10 = very happy

A great way to identify areas we could work on...



Is your wheel perfectly round?

Does it have a few flat spots, or areas that need attention?

YES YOU CAN

www.9kmby9am.com/coaching

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THE WHEEL OF LIFE CAN BE PERSONALISED TO SUIT YOUR OWN NEEDS. FOR THE PURPOSE OF THIS EXERCISE WE HAVE USED THE EIGHT STANDARD SUGGESTED AREAS OF A BALANCED LIFE.

HERE IS A BRIEF GUIDELINE FOR EACH SECTION, BUT FEEL FREE TO INTERPRET TO SUIT YOU:

PERSONAL GROWTH: Do you feel you are developing and growing as a person as the years pass by? Do you have meaning & purpose? Are you aware? Open-minded? Are you living effectively and productively? Do you feel comfortable in your own skin? Do you miss something? What does personal growth mean to you and where do you rate yourself?

HEALTH: Are you eating well? Are you hydrating? Are you aware of any health issues or do you ignore them? Are you drinking too much alcohol? Are you self-medicating? Do you smoke? Are you suffering from anxiety? Are you overweight? Do you feel healthy or unhealthy? What does health mean to you and where do you rate yourself?

LIFESTYLE: Do you spend more time in nature or indoors? Do you listen to music and podcasts and audiobooks or gossip? Do you rest or overdo it? Do you sleep well? Eat well? Drink well? Are you plant based or a lover of processed or junk food? Do you exercise, have adventures and live life to the fullest? Hobbies? Do you live healthily or unhealthily? What does good lifestyle mean to you and where do you rate yourself?

RELATIONSHIPS: Do you have close friends? A life partner? Do you have people you can rely on? Do you have close family ties? Do you feel lonely? Do you feel you have meaningful connections? Do you work hard at keeping in touch? Can you do more to connect with people? What do good relationships mean to you and how do you rate yourself?

RECREATION: Do you have quality fun? Do you go for walks in the forest, cycle in nature or swim in rivers? Do you read books outdoors and listen to sound of silence? Do you have hobbies and spend time doing things you love that give you a buzz? Are you creative? Do you paint or write or sing? Do you watch too much TV? Too much phone time? What does recreation mean to you and where do you rate yourself?

SPIRITUALITY: Do you believe in something more than what we see with our own eyes? Are you in touch with your soul? Do you feel empathy and concern for others and practise "positivity". Do you meditate? Do you write in a journal, pray and think deeply every day. What does spirituality mean to you and where do you rate yourself?

CAREER: Do you work too hard or not enough? Do you want more work or less work? Do you balance work, family and self care time? Do you prioritise work or family? Do people tell you that you work too hard? Does work exhaust you? What does career mean to you and where do you rate yourself?

FINANCE: Are you financially stable? Do you have debt? Do you control your spending? Do you have a long term financial plan? Do you measure happiness with money? Can you plan your finances better? Can you spend more wisely? What does financial health mean to you and where do you rate yourself?



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