

# Find your Phoenix ...And Rise up!

Do you want more from your life? Follow us over the next 5 issues and take specific action towards the life you always wanted...

Everyone has a vision of their 'ideal' life, but many of us feel it's unobtainable – at best we hope to 'get by' or cope. Although it may not always be easy, making your dreams a reality is down to how much you want it and what you are willing to do to make it happen.

Your dream may be to change careers, take on a new challenge, turn your life around or simply to have a balanced, enjoyable and rewarding life; but it's the thoughts, behaviours and ultimately the actions you take that determine the results you achieve.

The following exercise is designed to put life into perspective by showing the areas you may have been neglecting; helping you to move, from where you are, towards where you want to be.

Give each section of the wheel a score from 1-10; 1 being dissatisfied and 10 being completely satisfied.

You can change, remove or add sections to make it more relevant and personal to you. You can even use it within your business to define areas that need improvement and identify areas that are already working well.

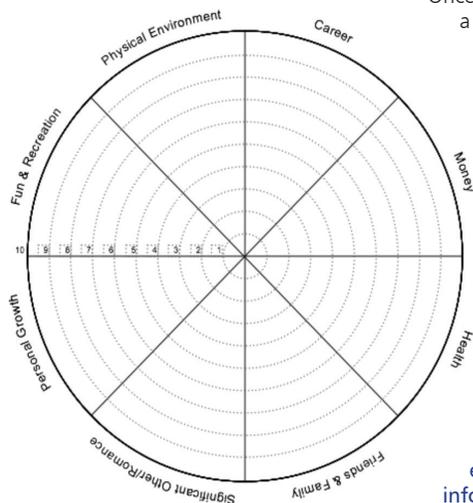
Once each section has a score you will clearly see the areas that need more focus. It may be that you have a high score in your career but your family, personal life or health has taken a back seat and

needs to be brought back into balance; or maybe you have been away from work for a while, focusing on family commitments, and could balance things out with more fun and recreation in your life. Everyone's wheel will look different as it is personal to you.

If you'd like to know more about how Coaching can support you in bringing your life into balance, get in touch for a FREE no obligation telephone consultation – and look out for the **next 5 issues** where we will be looking at:

1. Defining what you want to Be, Do and Have
2. The GROW model and how to apply it in everyday life
3. Your Core Values and Beliefs; how are they shaping your life?
4. Limiting Beliefs; how are they holding you back?
5. Keeping motivated and staying on top of your goals

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