

SteppingStones

"Immediately Useful Tools and Resources for Greater Success"

770-931-4514; fax 509-693-1429

e-mail: steppingstones@mindspring.com

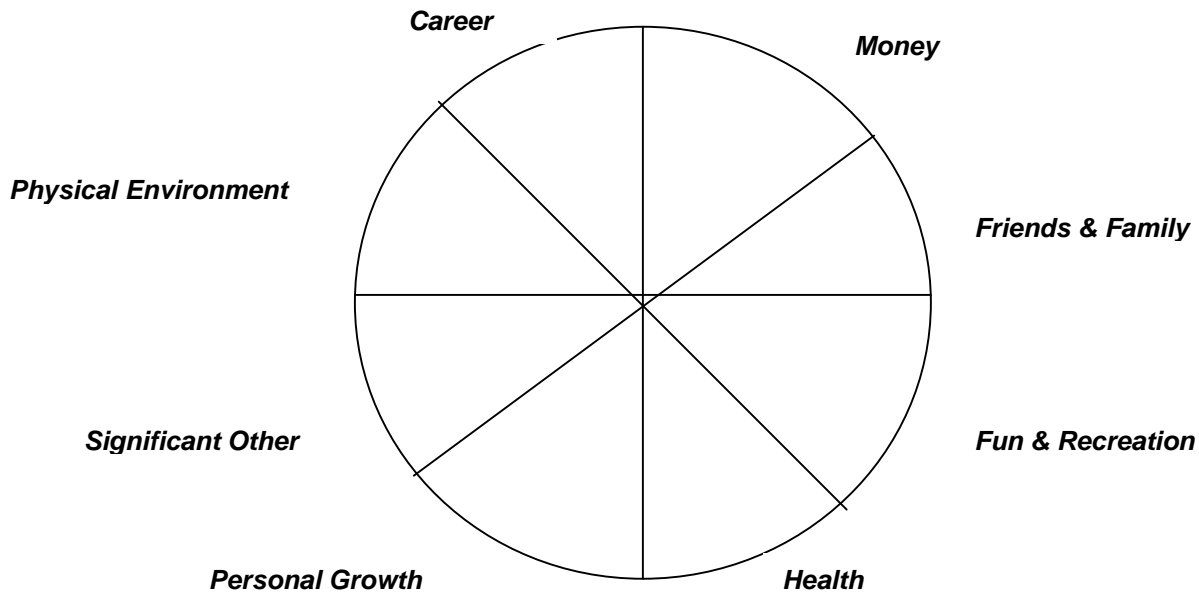
www.mindspring.com/~steppingstones

Coaching – It's Not Just For Athletes Anymore

A few simple exercises to get you thinking...

I. THE WHEEL OF LIFE

The eight sections of the Wheel represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge for each section. The new perimeter represents the wheel of YOUR life. If this were a real wheel, how bumpy would the ride be?



II. INCOMPLETES

List 5 unresolved issues or situations (small or large) that are draining your energy. Circle one that you can complete TODAY.

DISTINCTION: *Incomplete vs. Unfinished*

Unresolved vs. Still needs work

Requires resolution vs. requires action

- 1.
- 2.
- 3.
- 4.
- 5.

III. TOLERATIONS

List 5 things (small or large) you're putting up with or tolerating. What you are tolerating continually drains your energy, as if you were trying to fill up a cup with holes. Tolerations also keep you from being yourself and evolving quickly as a human being. Examples: squeaky car door, a cluttered desk, a rude neighbor.

- 1.
- 2.
- 3.
- 4.
- 5.

Circle one that you can eliminate TODAY.

IV. **What's the one big change that would make the most difference in your life?**

V. **What's the first step you will take to implement that change? By when will you do this?**

Are you ready to get into action?

Call Nancy Gerber, President of **SteppingStones** and *Professional Certified Coach*, for a FREE 30 minute introductory coaching session to discuss your responses to these exercises.

*What different and better results would you like to experience in your life?
Where do you need to grow so that you can achieve these results?*

SteppingStones programs and services include:

- Speeches, seminars, teleconference workshops and classes
- Personal and business coaching for individuals and groups
- Free monthly e-mail newsletter, NEXT STEPS

Call 770-931-4514

e-mail steppingstones@mindspring.com

visit <http://www.mindspring.com/~steppingstones>