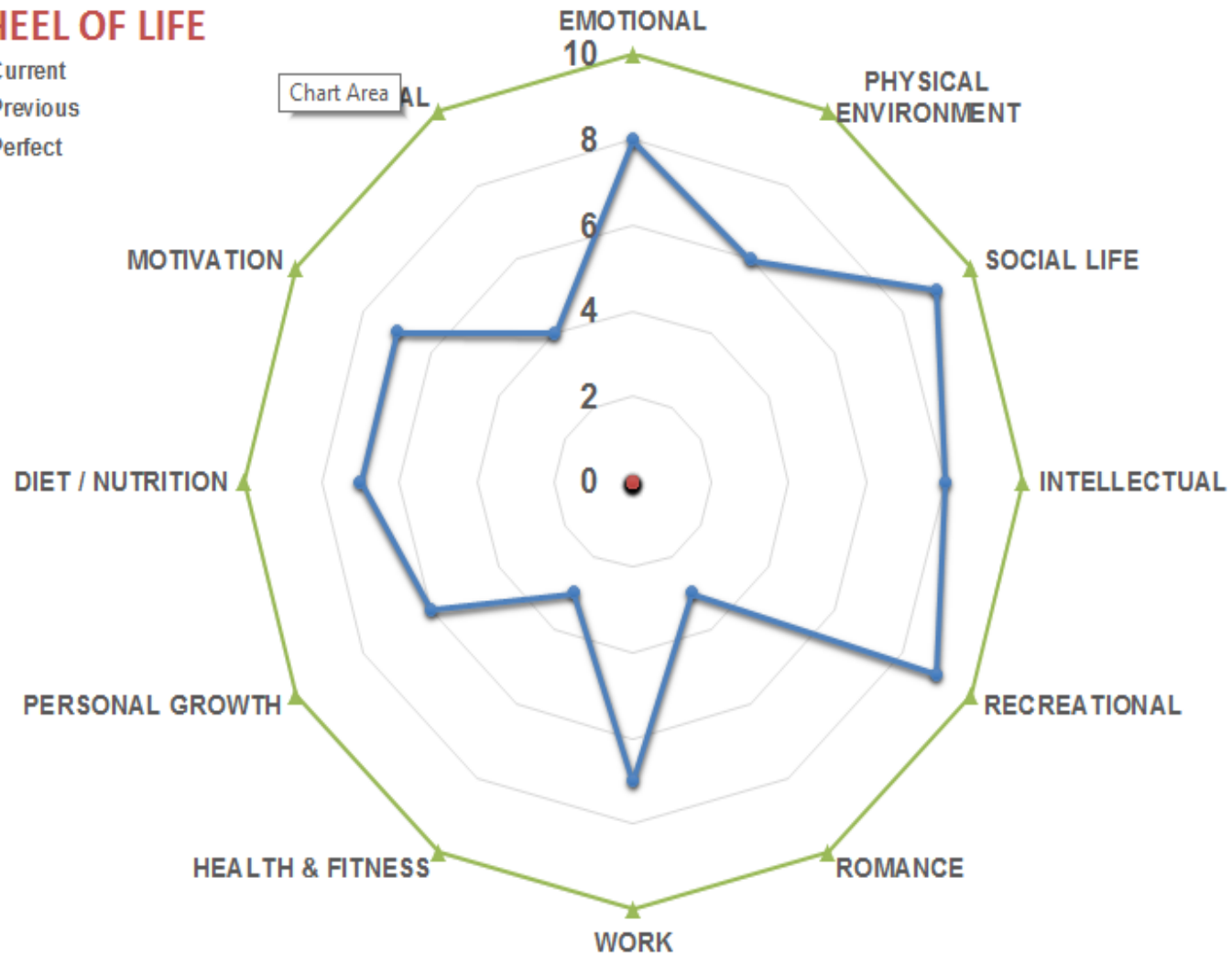


IMPROVING YOUR LIFE

WHEEL OF LIFE

- Current
- Previous
- ▲— Perfect



LIFETRACKER COACHING EXERCISES



IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

If your 'Wheel of Life' was one of the wheels on your bike,
how smooth would the ride be?

Is this a true reflection of your current life balance?
Explain.

A sunset scene with palm trees and a heart shape in the sky.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

Which aspects of your life are the worst?

How important is it for you to improve those areas of your life?
Why?

A sunset scene with palm trees and a heart shape in the sky.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

What is the single most important aspect of your life to improve?

What has stopped you improving this before?

A sunset scene with palm trees and a heart shape in the sky. The text "IMPROVING YOUR LIFE" is written in white capital letters across the top.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

What 3 things can you do to improve this part of your life?
(feel free to list more than 3 if necessary)

1:

2:

3:

What will you do in the next 7 days?
(Try to complete at least one of the above actions.)



IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

Who can help you with this / these action(s)?

What other support do you need?

Next Steps; What will you achieve in one months time?

A sunset scene with palm trees and a heart shape in the sky.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

Thinking 'out the box'

(no matter how extreme or crazy your ideas may seem);

What else could you do to change your situation?

A sunset scene with palm trees and a heart shape in the sky.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

What would you advise a friend or family member to do in your situation?

What would your most trusted friend, family member, work colleague, etc. advise you to do?

A sunset scene with palm trees and a heart shape in the sky.

IMPROVING YOUR LIFE

LIFETRACKER COACHING EXERCISES

What will change in your daily routine to make time for these actions, and other self-improvement activities (**EVERY DAY!**)?