

Where are you now?

Date:

The purpose of this exercise is to help identify and connect you with where you are currently at in your key areas of life, and to assist you to start making changes.

1. Read the category titles surrounding the chart below and contemplate whether they align with the core areas of your life. Make changes to personalize the chart.
2. Counting out from the centre of the circle, mark each category from 1 to 10 according to the level of fulfillment you have in that area of your life (1 = least fulfilled).
3. Starting again in the middle of the circle, colour each section to match your mark. This will create a snapshot of where you are currently positioned in your life, in each area.
4. Adopt an objective stance with where you are at – there is no need for criticism. Trust the process of making the changes necessary to re-align your life.
5. First start with the area that would make the biggest impact on your quality of life. Brainstorm 5-7 achievable daily actions to strengthen this area.
6. For the same area, brainstorm 3-5 more challenging, weekly actions that would further nurture and nourish this area.
7. Commit now to actively doing one daily action and one weekly action, to positively develop this area moving forward.
8. Repeat this brainstorming activity for all areas to set your thriving lifestyle in motion.

