



Join us for a unique program of self-discovery and growth as you explore the boundless possibilities of fulfilling your soul's plan for this lifetime.

2022 Schedule (all sessions online)

- January: Sun 1/16, 1-4pm, Circle Thu, 2/3, 7-9pm
- February: Sun 2/20, 1-4pm, Circle Thu 3/3, 7-9pm
- March: Sun 3/20, 1-4pm, Circle Thu 4/7, 7-9pm
- April: Sun 4/24, 1-4pm, Circle Thu /5, 7-9pm
- May: Sun 5/22, 1-4pm, Circle Thu 6/2, 7-9pm
- June: Sun 6/12, 1-4pm, Circle Thu 6/30, 7-9pm
- July: Sun 7/17, 1-4pm, Circle Thu 8/4, 7-9pm
- August: Sun 8/21, 1-4pm, Circle Thu 9/1, 7-9pm
- September: Sun 9/18, 1-4pm, Circle Thu 9/29, 7-9pm
- October: Sun 10/9, 1-4pm. Circle Thu 11/3, 7-9pm
- November: Sun 11/13, 1-4pm, Circle Thu 12/1, 7-9pm
- December: Sun 12/11, 1-4pm, No Follow-Up Circle

Coaching Readiness Questionnaire

Date _____

Name _____

What's your #1 reason for being in this Program/the benefit you most want to receive?

Why else do you want to participate/what other benefits do you want to enjoy?

Which of the following Program topics most interest you at this time?

- | | | | |
|---|---|-------------------------------------|--|
| <input type="checkbox"/> Manifestation | <input type="checkbox"/> Spiritual practice | <input type="checkbox"/> Intuition | <input type="checkbox"/> Sacred space |
| <input type="checkbox"/> Energy healing | <input type="checkbox"/> Prosperity | <input type="checkbox"/> Inner work | <input type="checkbox"/> Community |
| <input type="checkbox"/> Vocation | <input type="checkbox"/> Love relationships | <input type="checkbox"/> Leadership | <input type="checkbox"/> Divine connection |

How busy is your life? (1 = not too busy, 10 = way too busy!)

1 2 3 4 5 6 7 8 9 10

How stressful is your life? (1 = not stressful at all, 10 = very, very stressful)

1 2 3 4 5 6 7 8 9 10

Do you think of yourself as creative? (1 = not at all creative, 10 = very creative)

1 2 3 4 5 6 7 8 9 10

What are the highest priority areas of your life right now (such as personal growth, career, health, money, significant other/romance, family/friends, fun & recreation, physical environment)?

1. _____

2. _____

If you could change just one thing about your life right now, what would it be?

If you could give yourself one gift that would significantly enhance your personal life right now, what would it be? _____

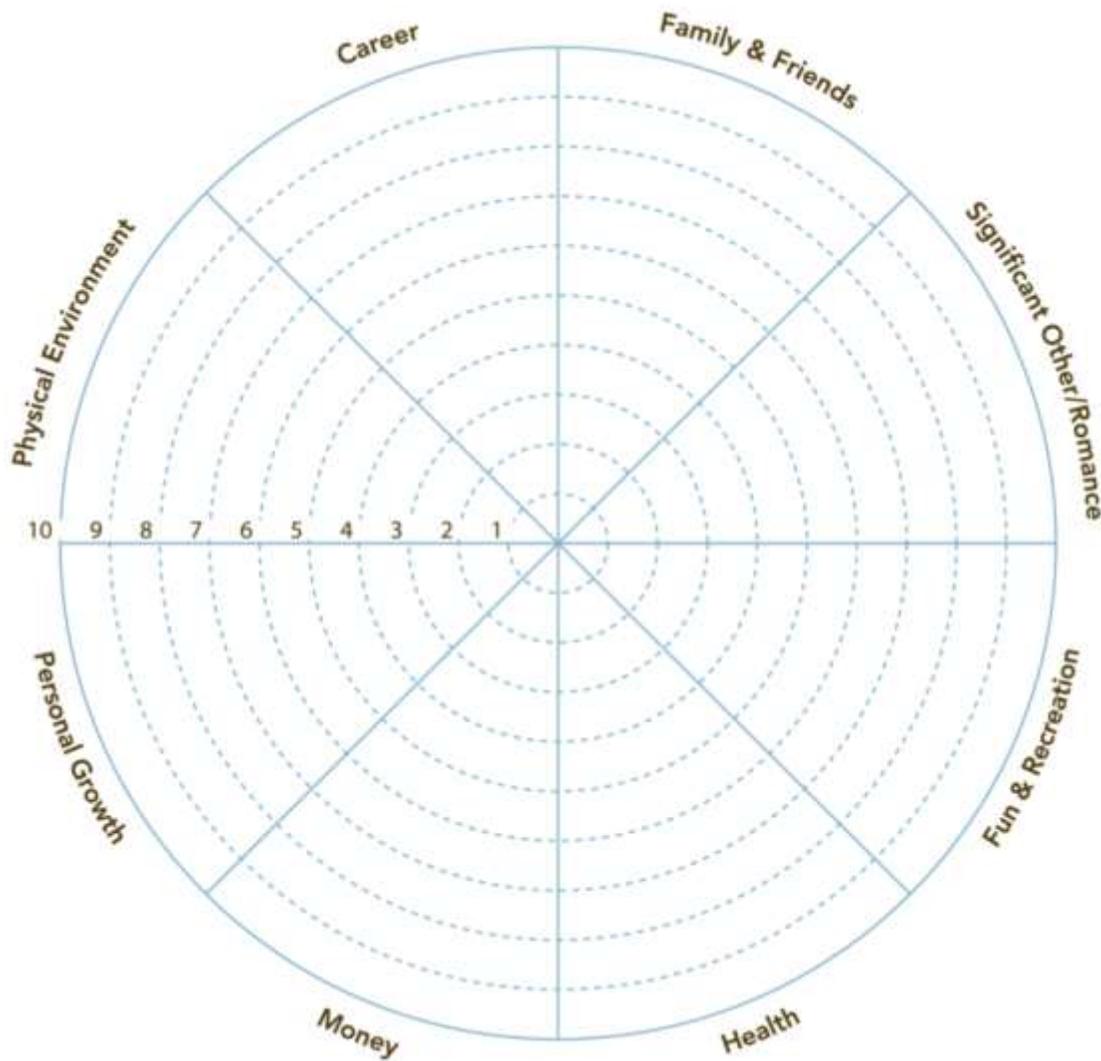
Coaching Readiness Questionnaire, *continued*

- Yes No I realize that this program is an investment in my future, and I am committed to give it the time, energy and attention needed to achieve my goals.
- Yes No Now is a good time for me to be doing this.
- Yes No There is a big gap between where I am now and where I want to be.
- Yes N I believe that what I want is possible and I am ready for it to happen.
- Yes No I have a real desire to grow and change.
- Yes No I have the support I need to make significant changes in my life.
- Yes No I am open to collaborating with others and willing to ask for help.
- Yes No I keep my word and promises to myself and others without struggling.
- Yes No I am willing and able to do the work required.
- Yes No I am willing to eliminate or modify self-defeating behaviors that limit my success.
- Yes No I am willing to take appropriate actions to achieve my desired outcomes.
- Yes No I am willing to try new ways of doing things even if I'm not sure they will work.
- Yes No I am willing to stretch beyond my comfort zone to realize my goals.
- Yes No I am willing to take responsibility and be held accountable for the results I produce.
- Yes No Coaching is an appropriate discipline for the changes I want to make (compared to Therapy, Medical Treatment, or 12-Step Programs).

Wheel of Life Balance

The Wheel of Life provides a snapshot of how satisfied you are with your life at the present time. The eight areas, taken together, depict one perspective of your whole life; also the relationships among the various areas, and how in (or out of) balance each is in relation to the whole.

Rate your current level of satisfaction with each area of life. Zero means not satisfied; 10 means highly satisfied. You may draw or color the wheel as you do this exercise.



What's Important?

List the areas of life in their order of priority at this time. In general, try to place them in order of personal importance to you, although it is possible that an urgent need within a category will necessitate a higher priority for the time being (example: caring for an ill family member, moving to a new home, searching for a job).

Physical Environment (home & yard space, where you live)

Career (occupation, vocation, work, job, how you spend your time)

Family & Friends (immediate & extended family, friends)

Significant Other/Romance (primary love relationship)

Personal Growth (spiritual and personal well-being)

Money (finances, personal resources)

Health (physical, emotional, and mental well-being)

Fun & Recreation (recreation, hobbies, and interests)

1.

2.

3.

4.

5.

6.

7.

8.

Absolute YES! List

adapted from Cheryl Richardson's Take Time for Your Life

Transfer from the *What's Important* list the top three areas of life. This is your *Absolute YES!* list; the other categories (numbers four through eight) are things to which you may more frequently say *NO Thank You!* during this time.

Then, under each *Absolute YES!* category, list the most important goals and intentions on which you might take action during the next month. Be specific: *What about your relationship with your significant other? On which specific activities within the category of health do you want to spend more time – nutrition, your gym membership, wellness checkups? Choose goals and intentions that will inspire you and improve your overall satisfaction with your life – think about how you want your *Wheel of Life Balance* to look three months from now.*

1.

2.

3.

Honorable Priorities

Based on your *Absolute Yes!* List, identify several ways that you can honor your new priorities. Include simple things, such as ways that you can integrate these new activities into your current life; for example, if “fun” is on your list, look for ways to include fun in the everyday tasks or events that you already do.

1.

a.

b.

c.

2.

a.

b.

c.

3.

a.

b.

c.

Making Time Work for You

From the *Honorable Priorities* worksheet, choose two specific items, and set *Goals* that are both measurable (with dates, times, quantities, and so forth) and reasonable (achievable if you stretch yourself – comfortably). These are the *Action Items* to which you will commit to completing during the next month.

If you have a bigger vision item that you want to work on, then start by defining a measurable, reasonable goal that can be successfully completed within one year. Then break it down into smaller chunks, so that you can then define goals for each month.

Goal/Action Item #1 _____

Goal/Action Item #1 _____

Now, schedule specific action items in your calendar or planner.

Soulful Self-Care and “The One Thing”

Daily Check-Ins. Before getting out of bed each morning, ask your higher self, “What’s important for me to know today?” Then, throughout the day at intervals of your choice (such as hourly, with each meal, before/after work), simply tune in (however you are inspired in the moment: physically, energetically, emotionally, mentally, spiritually, or overall) and what do you notice? Come up with a descriptive word, or rate it from 1 to 10 (1 being very, very low and 10 being very, very high).

Weekly Date with Higher Self. For a minimum of 1 hour each week, have a date with your higher self (no one else is invited, days and times can vary by week, and honor the commitment). Do something that inspires you and nurtures your soul.

The One Thing. At the beginning of each week, review your goals and schedule for the next 7 days and ask yourself, “What is *The One Thing* I can do this week that by doing it, everything else would be easier or unnecessary?” Then adjust your schedule/calendar as needed for the upcoming week.

Meditative Process: Getting Real with Myself

Most important

Heart's desire

Need more/get more

Need less/get less

Self-care

What else