

Life Coaching Workbook



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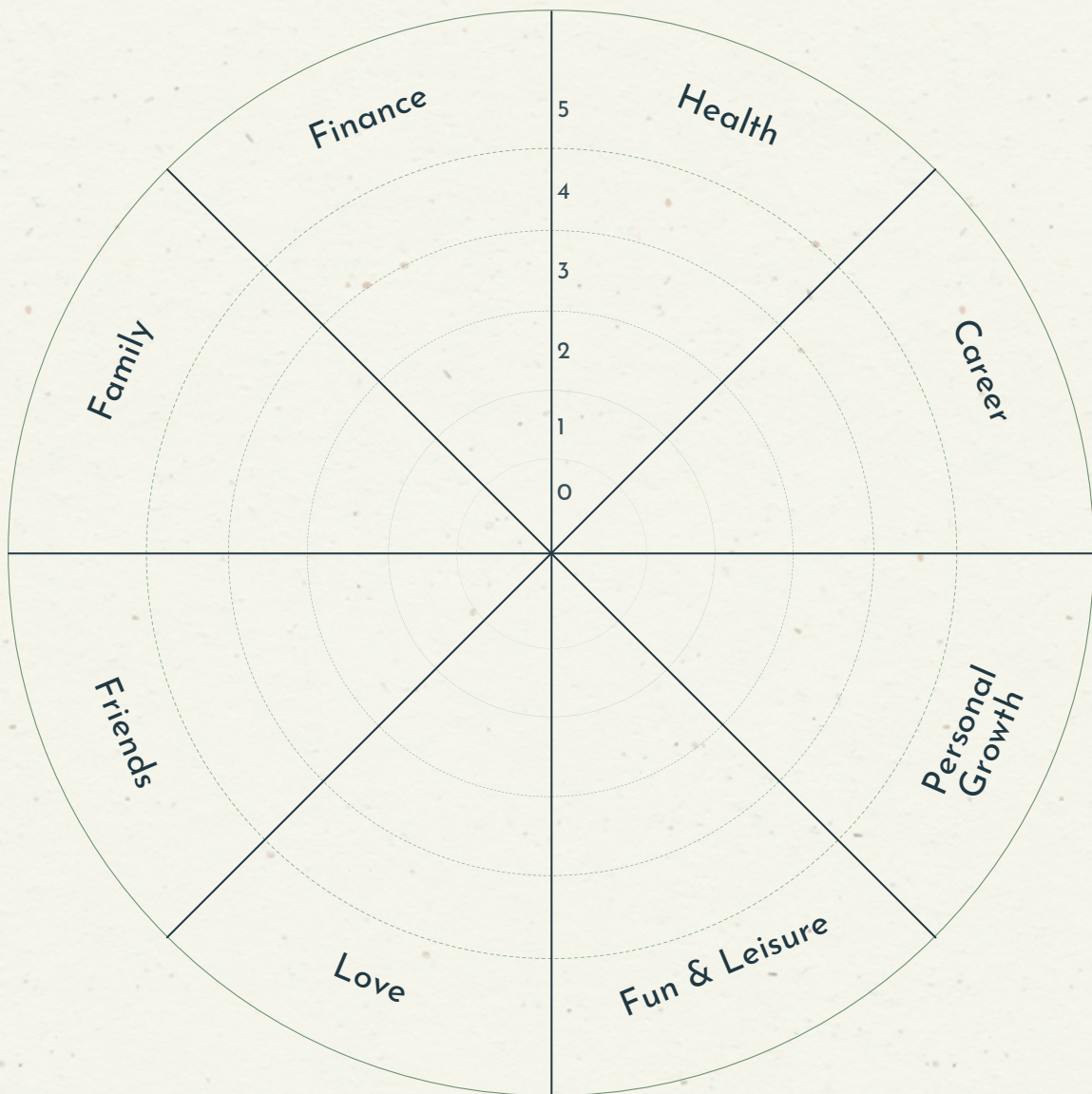


What is it about?

*In uncertain times we can often feel stuck and unsure of where to go next.
What are your goals and where to do you need to focus to improve balance in your life?
This workbook is just for you- no one needs to see it
What is my next best step ?
Enjoy!*

The Wheel of life

The 5 bars in each category represent how valuable this factor is to you. Colour each area in between 1-5 (1 being low to 5 highest level of satisfaction) Use the result to plan where you should be focusing your time.





The Wheel of life

Based on your answers on the wheel of life consider the following...

Notes:

Which areas are low for you?

Which are high?

What does this mean in terms of life balance and where you would like to develop competencies?



Coaching Goals

This section will make it easier for you to identify your goals and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome , how would you know that you have accomplished your goal and you're on the right path?

Goal 1 :	Why it's important :
	Measurable Outcome :
Goal 2 :	Why it's important :
	Measurable Outcome :
Goal 3 :	Why it's important :
	Measurable Outcome :



Now that you have more clarity...



How do your goals fit in with the wheel of life exercise?

How can your goals affect your growth on your wheel of life?

What habits do I need (things I have to do regularly) to develop to achieve this goal and build competencies in my low areas?

Lastly-what habits might slow me down in achieving my goals?

Smart Goal Plans

S

What do you want to achieve?

m

How do you know that you have achieved your goal or that you are on the right path?

a

What steps do you have to take to accomplish the goal?

r

Why is this goal important to you? How does this impacts others?

t

When will you accomplish the goal? What's the timeline?