



SETTING THE GOALS BY MEANS OF COACHING

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SELF-COACHING

EXERCISE 1

LIFE BALANCE WHEEL

Introduction

Life Balance Wheel is a visual tool used in coaching to help people quickly understand how balanced and fulfilled their life is at the moment. It is easy to use and can be applied for self-assessment. Life Balance Wheel usually consists of eight areas considered as important to have a balanced and happy life. A coachee rates their level of satisfaction and fulfilment with every area, then map this onto an image of a wheel. The exercise gives an immediate summary of the current "life balance".

The Key Areas on the Life Balance Wheel:

1. Family and Friends. The relationship between you and your family as well as the close ones who you can truly call 'friends';
2. Physical Environment. It includes the country and town you live in, your home and working place;
3. Fun & Recreation. How you spend your leisure time;
4. Health. This category includes both "Emotional" and "Physical" health;
5. Personal Growth. It involves self-development and self-enhancement, the feelings you have about yourself, and your effectiveness in life.
6. Business and Career. The job you do for living. It can be: Self-employment, Work, Motherhood or Volunteering;
7. Finance: Your financial security, dependency on loans and debts (including cars, student loans, and mortgage);
8. Romance: This category includes your 'dating' situation, whether you have found a partner for life or still in process;

Now, how balanced your life is?!

Exercise:

Below you can see an empty wheel, looking like eight pieces of a pie or a bicycle wheel, which you should fill in with your current level of satisfaction and fulfilment in life. The entire circle represents your overall life and you can not know the exact numbers, so, do it according to your feelings.



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Each of the categories can be assigned a value of 1 (very dissatisfied) to 10 (very satisfied). The value of 1 is closest to the centre of the wheel and the value 10 is at the edge.

Before doing this exercise, try to clear your mind and remember there is no right answer just be honest with yourself, that is the key.

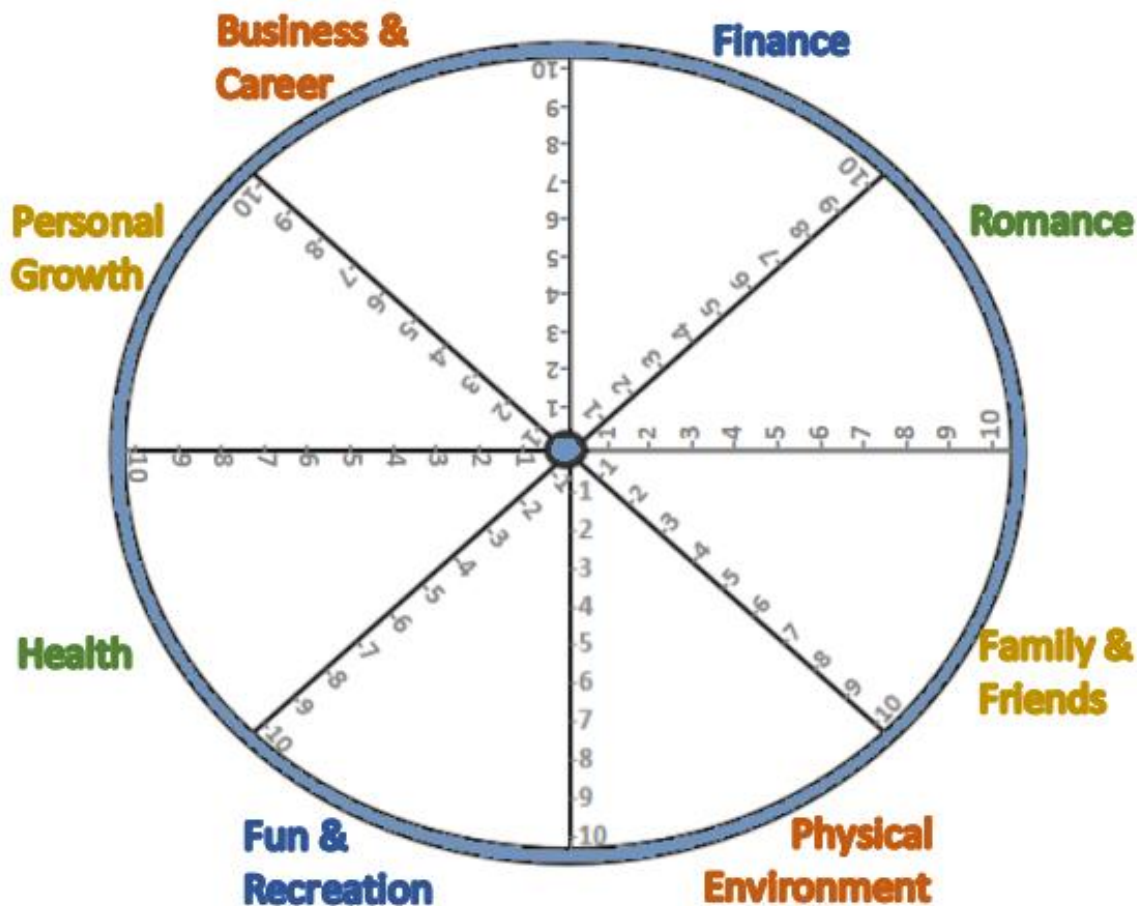


Figure 1 Life Balance Wheel

STEP 1.

Please have a look at the Wheel (*see fig.1*).

- Which category would you like to start from?

After choosing one, go clockwise to the rest of the areas of the Life Balance Wheel.

Step 2.

- How much are you satisfied with this category (the answer from the Step 1) from 1 (very dissatisfied) to 10 (very satisfied) ?

Starting from the center of the wheel, colour the slice according to your answer (*see fig.1*). Below you can see an example how it should look like (*see fig.2*).



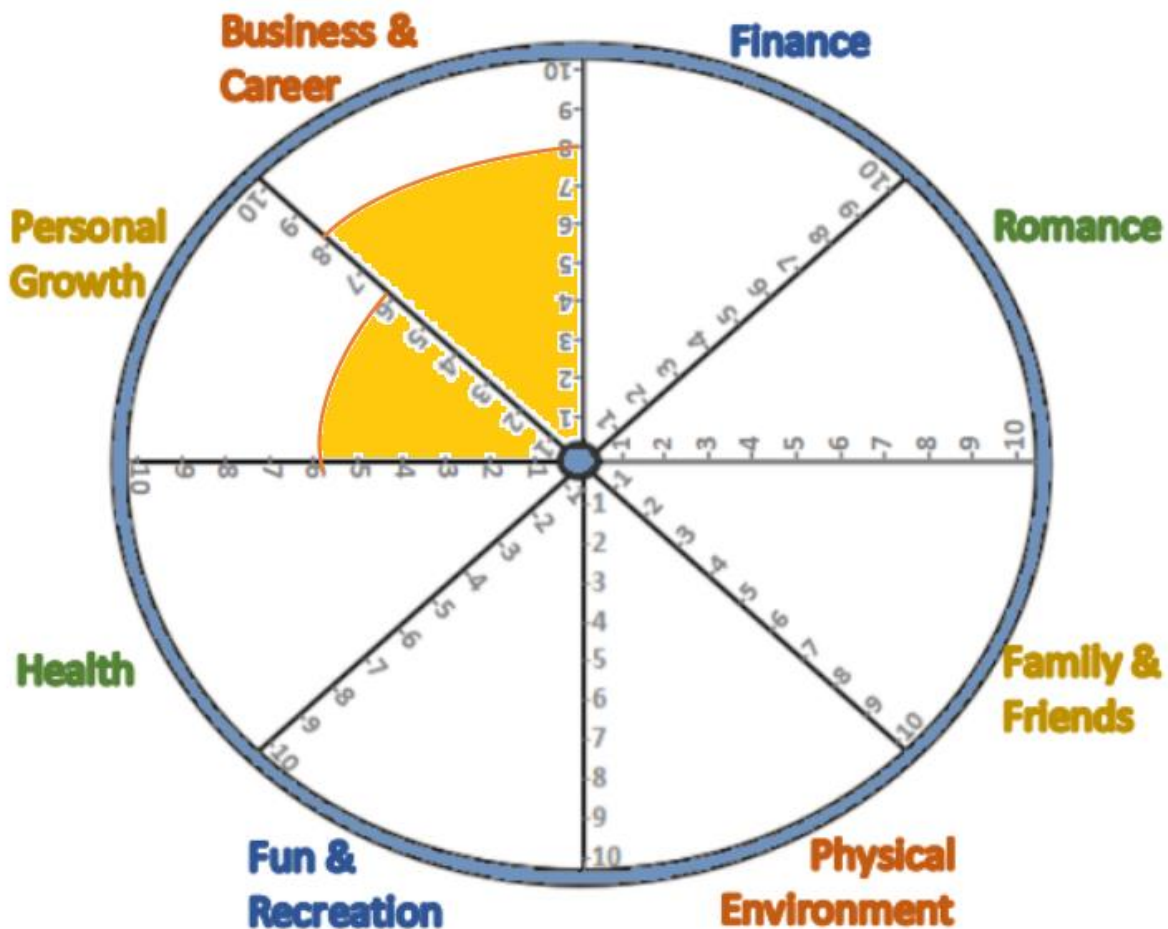


Figure 2 The satisfaction level with 'Personal Growth' and 'Business & Career' categories

The example above shows the satisfaction rates with two categories: 'Personal Growth' (the rate is 6) and 'Business & Career' (the rate is 8).

Step 3.

Evaluate all eight areas of your Life Balance Wheel.

When it is done, answer the following questions:

- How well-balanced is your wheel?
- As a bicycle wheel, is it possible to ride?

Step 4.

If you completed your Life Balance Wheel and do not feel satisfied with the results, let's try to find out how it can be improved.

- In your opinion, which areas of the wheel impact others?
- What depends on what?



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Make connections between them as it is shown in the example below (*see fig.3*). Draw arrows from the categories which gives the biggest impact on others using different color ink. Try to make as many connections as possible, to see which area is the most influencing.

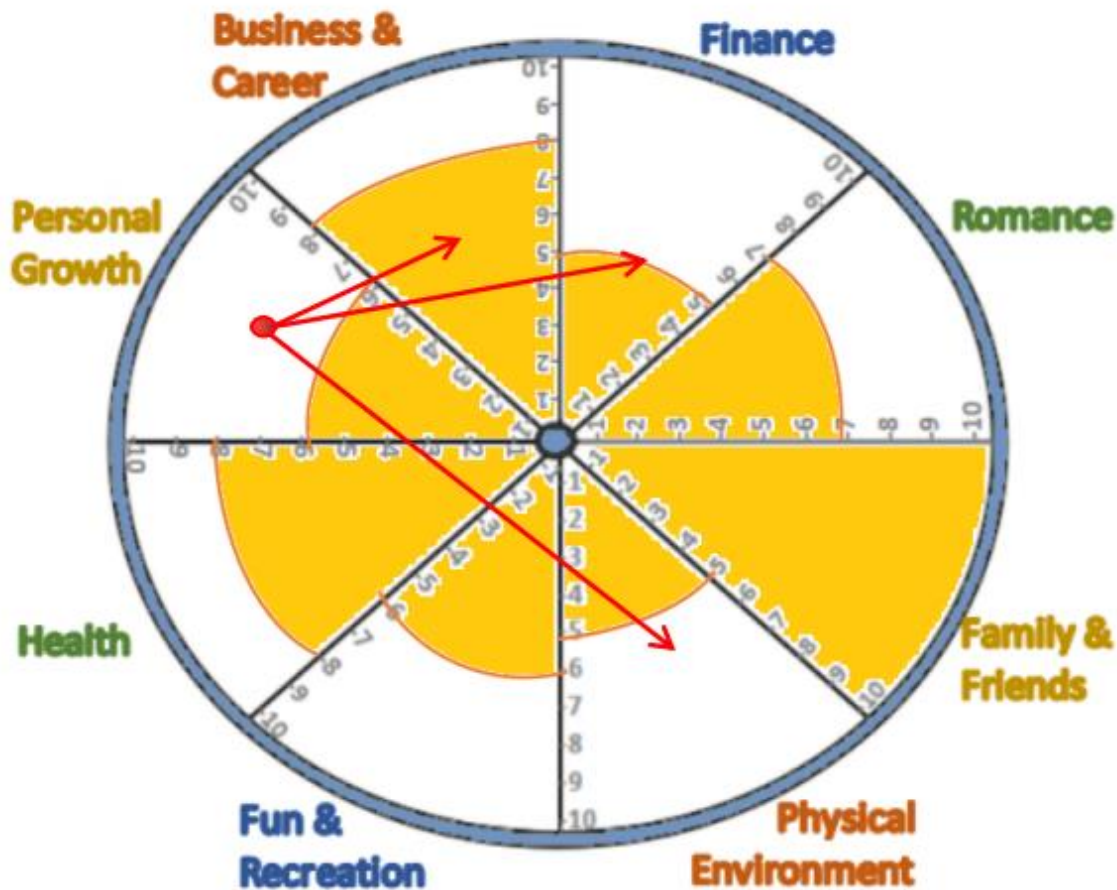


Figure 3 The impact of ‘Personal Growth’ on ‘Finance’, ‘Business and Career’ and ‘Physical Environment’ development.

Step 5.

When the connections are done, answer the following questions:

- In which area do you want to make the difference first?
 - How much from 1 (very dissatisfied) to 10 (very satisfied) do you want to be satisfied with it?
 - What can you do to make the growth happen?
- (write down 5-8 options)



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Step 6.

Now when having several options,

- What will be your first step already today?
- How will you motivate yourself in reaching your goal?

Step 7.

Think of a reminder for yourself. It can be something materialistic, such as: a bracelet, a key chain, a pen, a notebook and etc. Put some time and effort in order to find the right reminder for yourself. Have this item with you everywhere, it will remind you of your main goal which have to accomplished in the nearest future. Good luck!

EXERCISE 2

SETTING THE RIGHT GOALS

Introduction

All successful people set goals. Goals are dreams with legs, they are going somewhere. Coaching inspires and supports in achieving goals.

The concept of HUGGs.

HUGGs stands for Huge, Unbelievably Good Goals and have the following qualities:

- they are long term (5-30 years);
- they connect with the person's identity and core values;
- when they are first set, they seem impossible. As the time goes on, they start to manifest more and more;
- they make a person feel strongly about them.

Examples of HUGGs:

- become a published author;
- become a millionaire;
- establish your own successful company.

Exercise:

Set between 2-4 long-term HUGGs for your life. Use your Life Balance Wheel to help setting these goals. As these goals are in the far future, they may not be very specific but positive and in very simple language.

Goal 1.



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Goal 2.

Goal 3.

Goal 4.

One year goals.

Now, take each of your long-term HUGGs goals and set goals that you want to accomplish within one year in order to be on track. You need to set a goal for every part of your Life Balance Wheel, it will give a more clear picture of your future.

To make sure the goals are clear, motivating and reachable, each one should be set in a SMART form:

Specific: to focus all the efforts and feel truly motivated for achieving goals, they should be simple, sensible and significant;

Measurable: the goals should be meaningful in order to track progress and stay motivated;

Attractive: they goals should be likeable by the client;

Realistic The goals also needs to be reasonable and attainable to be successful. It should stretch a person's abilities but still remain possible.

Time bound: every goal needs a target date, so there is a deadline to focus on and something to work toward.

Goal 1. Family and Friends

Goal 2. Physical Environment

Goal 3. Fun & Recreation

Goal 4. Health



Goal 5. Personal Growth

Goal 6. Business and Career

Goal 7. Finance

Goal 8. Romance

What are the immediate steps you need to take now in order to achieve your goals in nearest future?

Save your goals and read them through as a reminder of your BIG DREAMS!



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