

LIFE COACHING SERVICES

Gwyn Kirk 415 550-7947 gkirk@gwynkirk.net

Coaching provides an effective way to clarify decisions and to make changes you want to make in your life. I offer a 40-minute complimentary session for you to experience this process before committing to a longer engagement with it.

Before the first session I invite you to do the following preparation. Preferably write your answers so you have them for reference. Know that there are no right or wrong answers. We will spend some time on our call exploring the issue(s) you want to work on. If you have any questions about this process please e-mail me.

WHEEL of LIFE

The following areas are spokes in the WHEEL of LIFE.

How would you rate your satisfaction with each area of your life right now? (on a scale of 0-10, where 10 means it's as good as you can imagine)

Family Relationships	_____
Friendships/Personal Relationships	_____
Intimate Relationships	_____
Work/Career	_____
Money/Finances	_____
Health (incl. exercise and self-care)	_____
Spirituality	_____
Community/Political Involvements	_____
Learning/Personal Growth	_____
Recreation, Fun, Hobbies, Relaxation	_____

Now review your scores, above. What area do you most want to change? What do you want to happen in this area?

Additional areas to think about:

- What are your core values?
- What does success look like to you?
- What is your inner voice telling you?
- What "stories" are you telling yourself about your life?
- What aspects of yourself do you want to step into?
- Who will you need to become to create the future you want?