



Circle

Session 1

So you have decided to review your life and priorities. Take a deep breath, hold and let it go. Do this twice more and on the out breath, let go of any tension and worry.

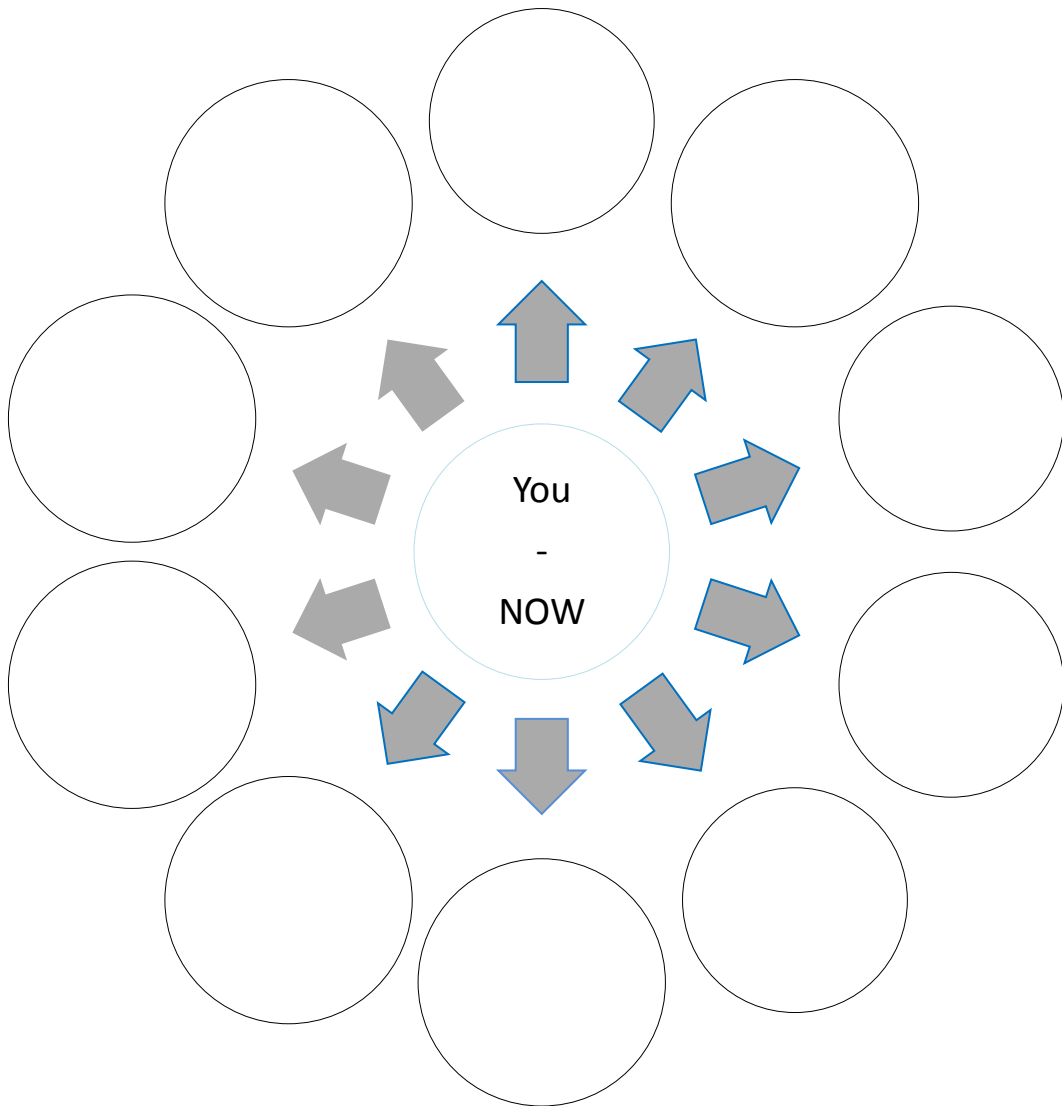
We are going to look at 10 areas of your life. Some will be more prominent right now than others and that is part of the process. Don't expect all areas to be evenly balanced; we all have different priorities at different times of our lives. This is about how it is for you, right now. These are the areas we are going to look at and after a quick review; you might like to order them differently. There is no right or wrong order. You may combine some of the areas and work with fewer categories, but be sure to retain and write down the key words in each heading.

Task 1

- Health and wellness _____
- Abundance/Financial freedom _____
- Work/ Career _____
- Spiritual growth _____
- Education/Development _____
- Partnerships _____
- Family/children _____
- Home _____
- Social and Community _____
- Creative Expression _____

Task 2.

Arrange the headings within the circles.



Task 3.

Re-write the headings in the outer circle. Circle the number in the arrow that best shows your feelings about that area of your life, and then join the circled numbers. This will give you a visual representation of where you are right now. There are no right or wrong answers, just how you feel right now.

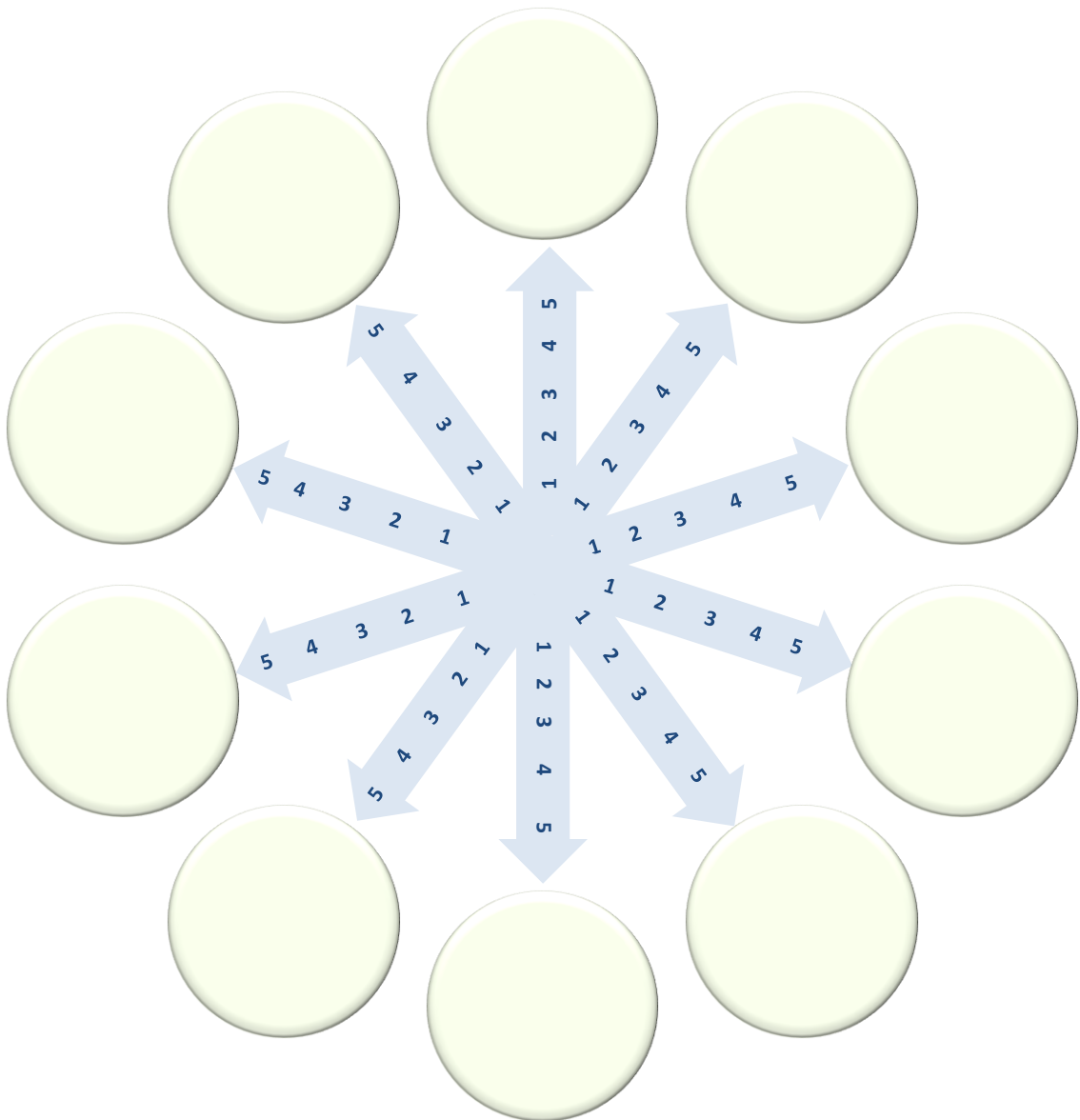
5 = excellent, I feel this is balanced

4 = good, most of the time it is working for me

3 = it's OK, but could be better

2 = I'm getting by

1 = I am struggling with this



Task 4

Setting a goal.

Firstly, you will need to identify your goals. Use another piece of paper if there is not enough room to record all your answers.

To make and set well formed goals, follow these steps:

Ensure that

- the goal is positive – it is what to **do** – not what you are going to avoid doing
- you **want** to do the goal – it's a *WANT* not a *SHOULD*
- you are the one doing it, not someone else
- you **can** do it – it's not impossible
- the goal is SPECIFIC not general

What are your goals?

What is important to me?

Once you have started thinking about your goals, even if some parts are not clear, answer the following questions about each goal.

What is important about this goal?

What do I value or treasure about this goal?

What meaning does this goal have for me?

When visualizing your goals, make your images compelling

Use unusual special effects such as xray vision, colour, multiple screens, 3D and so on. Then see yourself in the future.....Notice the pathway.....



Processes for Session 1.

1. Mapping the moment
2. Setting realistic goals
3. Tool to take away – guided visualization.

Extension work

Goal setting for the whole circle.

Do the goal setting exercise for each area.

Area of life

One goal

- Health and wellness
- Abundance/Financial freedom
- Work/ Career
- Spiritual growth
- Education/Development
- Partnerships
- Family/children
- Home
- Social and Community
- Creative Expression
