



wheel coaching

INSIGHT • TRANSFORMATION • RESULTS

Coach Roadmap

THE BIG PICTURE – My Overarching Goal

1. Future Visualization (this can be general and encompass my whole life, or relate to a specific area I want to focus on)

What do I want to be, do have?

What does success look like?

What will be happening?

What will the benefits be?

How will I measure this?

What is motivating me towards this?

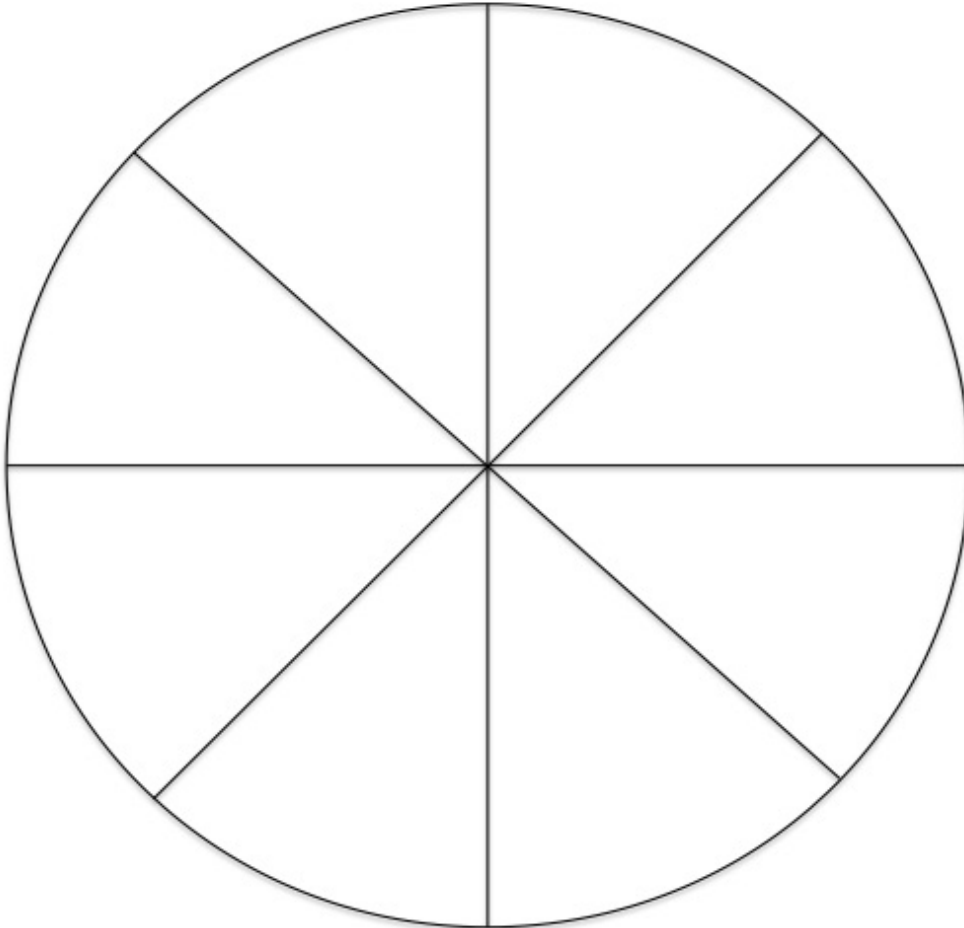
2. From the information above, define my overarching goal, (in the first person as a positive statement, with a timeframe attached):

MY GOAL

"I am

THE HOLISTIC PICTURE

1. List the key areas relating to my overarching goal and that are involved in achieving it (EG: Work, Skills & Competencies, Leadership, Health, Mindset, Home life, Family, Relationships, Finances, Social, Hobbies etc)
2. On a scale of 1-10 (10 = satisfied) how content am I currently within each area?
3. Highlight the **three most important/priority areas** to focus on first.



4. What would make each of these **three priority areas** 10/10? Define what I want to be, do, have in this area.

MY PRIORITY AREA GOALS:

Area 1
10/10 =

Area 2
10/10 =

Area 3
10/10 =