



TRACK 2: WHOLE PERSON COACHING NEXT STEPS

Lesson 5: Balanced Life

1. Out of the five essentials on “Balanced Life” consisting of time management, family, physical well being, career, and recreation, which area “rang your bell” that you need to improve?

Why?

What is your plan to balance that area of your life?

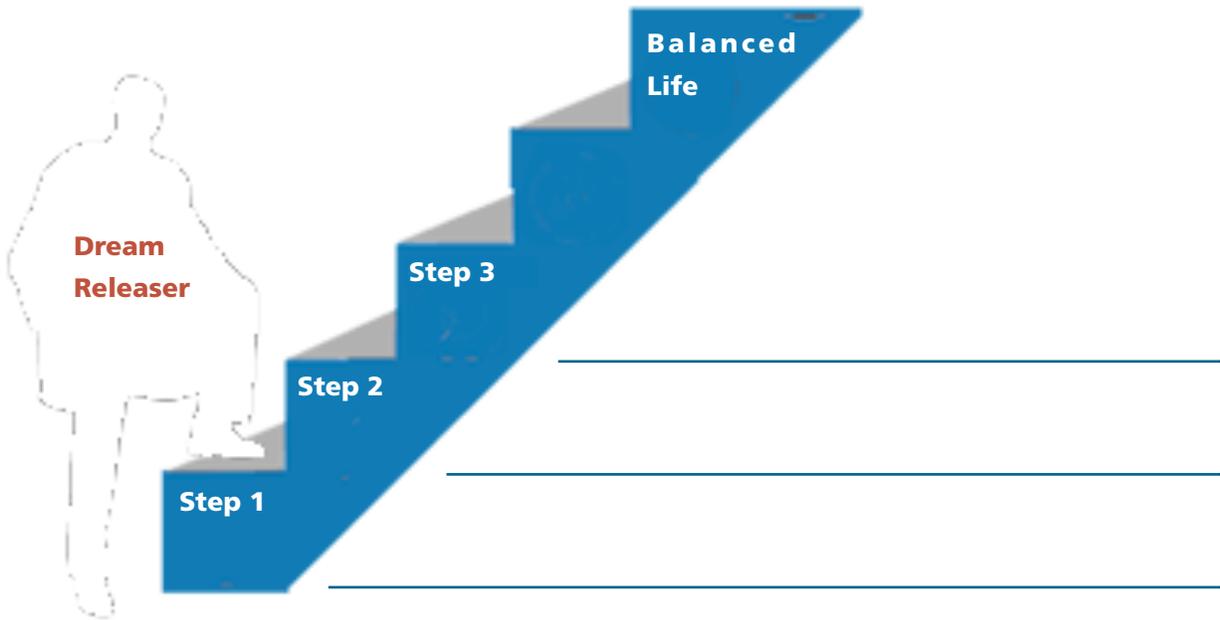
2. In what area would you say you are experiencing the most fulfillment?

Explain your answer.

How can you incorporate the discipline you experience in this area of strength into the areas in which you need improvement?

3. Write a 10 Question Survey with two questions each concerning the five essentials and how they apply to people. Then give the survey to three of your friends or family members. Compare their answers with what you rated above as your strong and weak areas. How do their priorities and experiences compare to how you see yourself living a balanced life?

5. What steps will you make to have a balanced life according to this lesson? Fill in the chart to the right of the steps.



If you've completed the assignments, save this PDF and email it to your coach.