

WHEEL OF LIFE

The wheel of life is a self assessment tool that offers you a visual representation of how well balanced (or not) your life currently is. It creates space for objective understanding of why you may be experiencing frustration, overwhelm, or general life dissatisfaction.

When coupled with other self analyses like core values & human needs, in conjunction with technologies like Human Design and The Enneagram, you can create a full spectrum understanding of where you are now, and what the best path forward is for you.

Do Less Be More Coaching is holistic life coaching that uses a spectrum of assessment tools like the Wheel of Life, functional technologies such as Human Design, and therapeutic modalities like Internal Family Systems, to help you heal old wounds, patterns, and beliefs that are limiting your potential. Working with Amy, you are supported in every area of your life - beginning with the areas that have the biggest gap in alignment with the truth of who you are - and your purpose.

Recommendation:

Use this tool to measure your growth and the effectiveness of working with a coach and/or therapist. It is recommended to take this self assessment at the onset of hiring a coach, again at 6 months, and then every 6 months or until the time that your coaching relationship completes its journey.

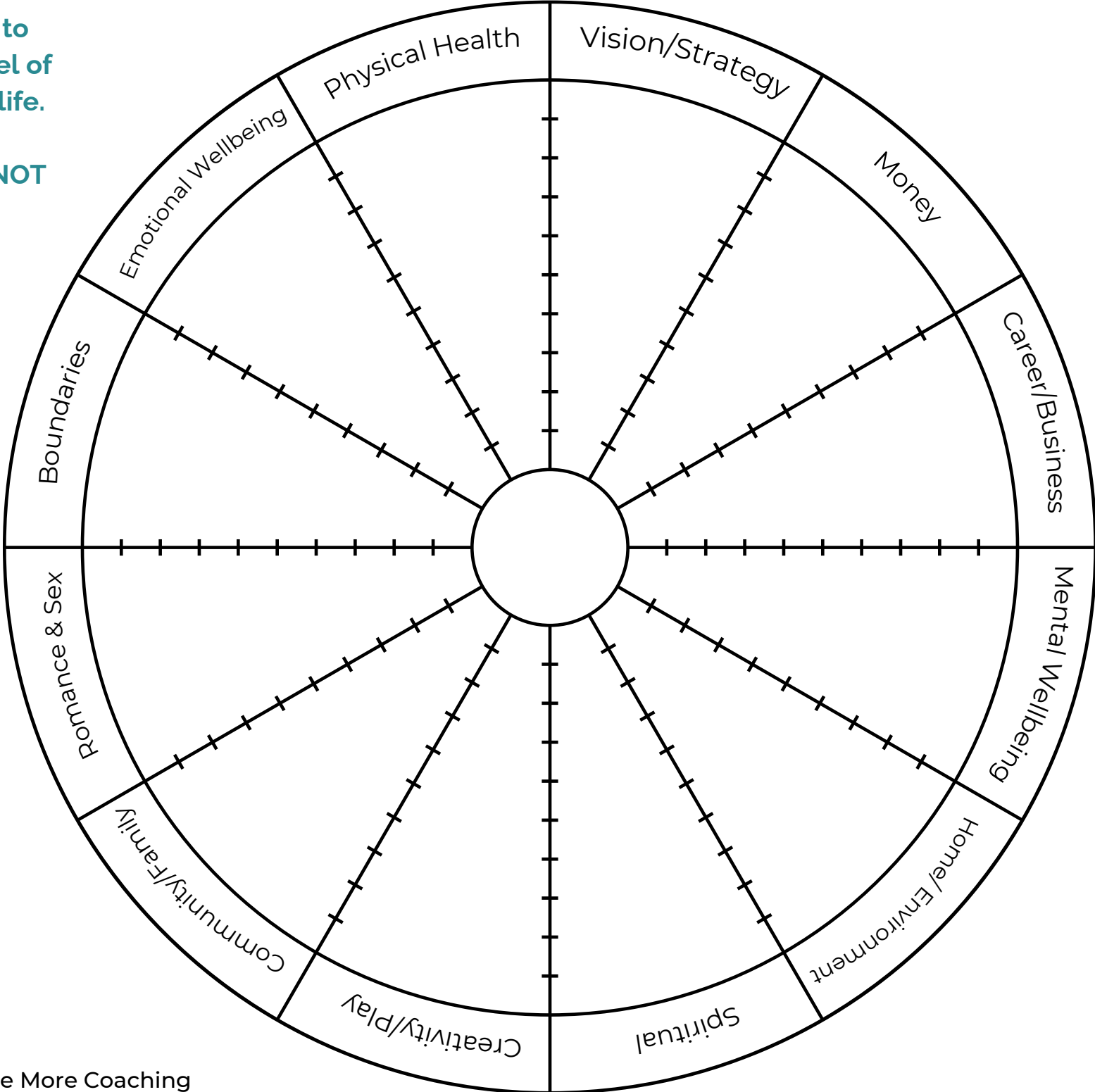


*The Path
You need to go in
To get out.*

Place a dot in each wedge to represent your current level of satisfaction in that area of life.

The center of the wheel = NOT satisfied at all.

The outside of the wheel = COMPLETELY satisfied.



Congratulations!

If you've been feeling stuck and have not known where to begin - now you know!

My three lowest rated areas are: _____

Kickstart Your Self-development Journey

You've now got clarity of direction: the three lowest scored areas in your Wheel of Life are your most potent areas of opportunity for healing, growth, and transformation. Focusing on these areas, with the support of a therapist and/or Life Coach will fast track your evolution towards living a more aligned and joyful life - a life with Purpose!

Future You Is Calling

Your healing and growth is your responsibility. As such, it's important that you understand the power that you have: you are the CAUSE for your reality - not the victim of your circumstances. Knowing that - if you're READY to transform your life and step into your future potential, then take the first step by booking a consultation call. This call will help you determine what type of support is best for you based on your unique design, needs, and goals.

Cause and Effect.

*stop pretending
you're The Effect
start owning
your role as The Cause*