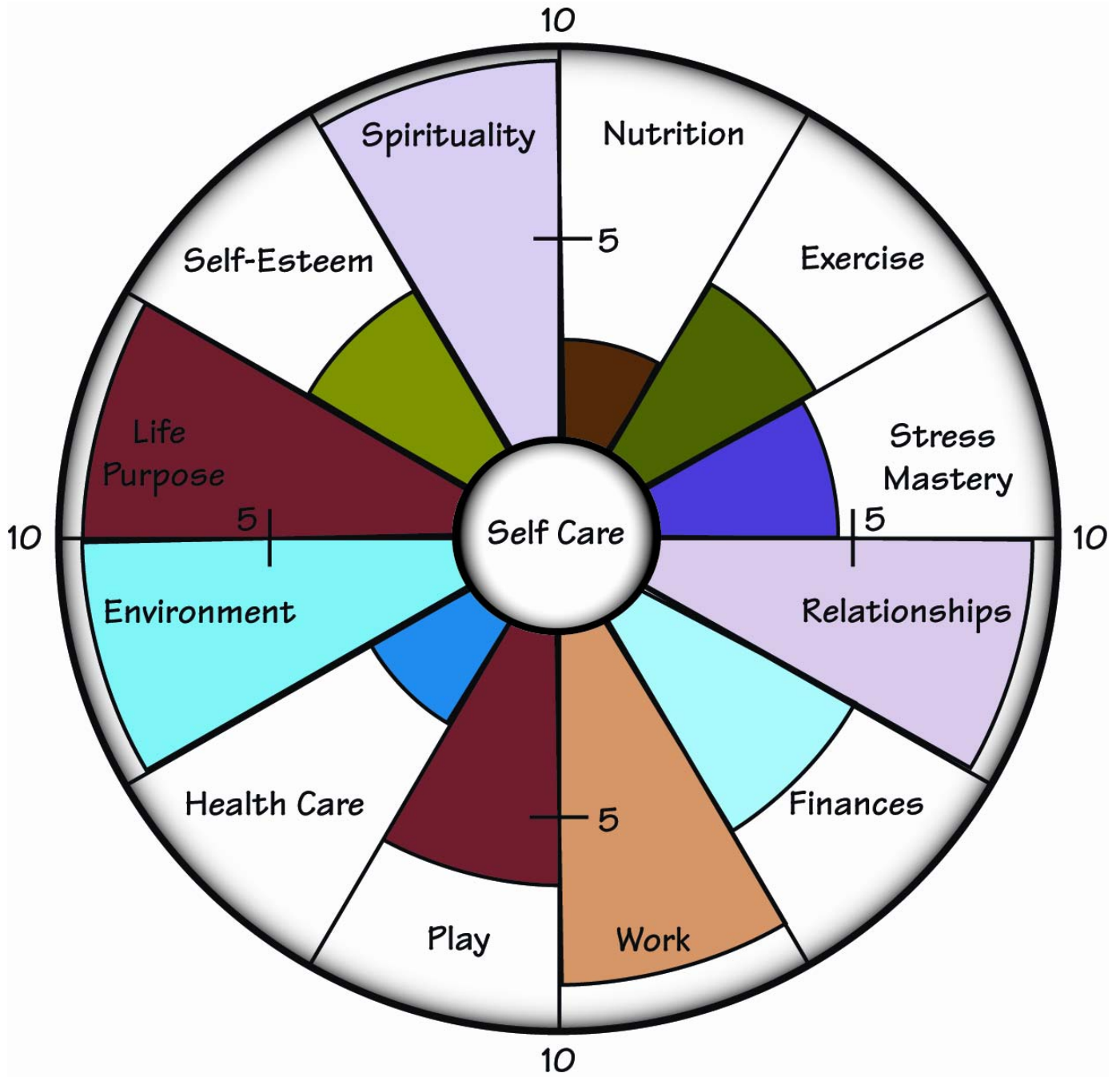


**My Circle of Life
Self-Inquiry Assessment**

Jean's Circle of Life



Readiness for Change Assessment

Focus Area: _____

1	How satisfied are you with this area of your life right now?					Score
	1	2	3	4	5	
	Very Satisfied				Very Dissatisfied	

2	Do the Pros outweigh the Cons at this time?					Score
	1	2	3	4	5	
	Cons Outweigh				Pros Outweigh	

3	Rate your current (emotional or physical) pain or stress level with this area of your life right now:					Score
	1	2	3	4	5	
	Low or No Pain / Stress				High Pain / Stress	

4	How much are your dreams or desires motivating you to take action in this area of your life now?					Score
	1	2	3	4	5	
	Little or No Motivation				High Motivation	

5	Is now a good time for focusing on this area of your life?					Score
	1	2	3	4	5	
	Very Poor Time				Very Good Time	

6	Rate your current (or near foreseeable future) amount of crisis / loss (that may motivate you for immediate change):					Score
	1	2	3	4	5	
	Little or No Crisis / Loss				High Crisis / Loss	

7	How much of this change is being done for you (as opposed to someone else)?					Score
	1	2	3	4	5	
	For someone else				Totally for me	

8	Are you prepared to move forward with this change, regardless of the possible responses (disapproval, fear, control, insecurity, resistance, etc) of significant people in your life?					Score
	1	2	3	4	5	
	Very Unprepared				Very Prepared	

9	How “in place” or ready are the resources and support systems needed to help you make and sustain this change?					Score
	1	2	3	4	5	
	Not “in place”				Very “in place”	

TOTAL	
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If your Total is...	...then you are...	...and have this color “light”
1 – 15	Not ready for change now	Red
16 – 30	Possibly ready for change	Yellow
31 – 45	Ready for change	Green

Your Top 3 Strengths	Top 3 Areas that Need Support

Focus Area _____

Strengths & Victories _____

Intention _____

Goal _____

Challenges _____

Affirmation _____

Brainstorm and list all possible action steps related to this focus area:	

Blueprint for Change – Part 2

Action Steps	Date	Time	Su	M	T	W	Th	F	Sa
Self Care	Date	Time	Su	M	T	W	Th	F	Sa

Accountability	✓	Setting	When / Where / How
		Group	
		Buddy from Group	
		Coach	

Circle Keywords and Descriptions

Nutrition	Exercise	Stress Mastery	Relationships
<p>Keyword: Diet</p> <p>The kind, quality and quantity of food and drink you consume; How (fast, slow), why (hungry, bored, sad) and when (before bed, while driving) you eat. Your knowledge of the right diet that you will need to meet your goals.</p>	<p>Keyword: Fitness</p> <p>Your knowledge of the exercise or fitness program that is appropriate for you to meet your goals. The kind of exercise you do (aerobic, strengthening, flexibility), how often and for how long you exercise.</p>	<p>Keyword: Stress Management</p> <p>Your knowledge, skills and integration of stress management practices such as deep breathing, positive self-talk, relaxation techniques, etc. Assessment of your current life stresses and how you cope with them.</p>	<p>Keywords: Communication, Sex, Family, Social</p> <p>Your social connections, communication, conflict resolution family and parenting skills. Evaluation of the quality of your relationships: are they “draining” – or healthy, honest, loving and supportive?</p>

Finances	Work	Play	Healthcare
<p>Keyword: Money</p> <p>Your ability to create the financial resources that you need, as well as your awareness of feelings and beliefs about money. Reflection on your money management skills and your financial planning for the future.</p>	<p>Keywords: Career, Jobs (paid and volunteer)</p> <p>Rating of your work or career satisfaction, as well as evaluating your satisfaction with the organization, management and interactions with your co-workers and supervisor.</p>	<p>Keywords: Creativity, Humor</p> <p>Play can refer to your sense of humor, as well as how much time you spend doing what you enjoy. It can also mean creativity (i.e., how much creative energy you allow to be expressed in your home, in the arts, at work or in your daily life.)</p>	<p>Keywords: Medical or , Complimentary Medicine, Wellness</p> <p>Health screenings, prevention, education and treatment in any area (e.g., dental, eye / ear care, counseling, acupuncture, massage, physical therapy, chiropractic, naturopathy, etc.)</p>

Environment	Life Purpose	Self-Esteem	Spirituality
<p>Keywords: Nature, Home and Office, Environmental Work</p> <p>Larger environment (ecosystem) and smaller environments (home and office) Reflection on how your actions affect the ecosystem (which in turn affects your life and health.) Evaluation of your environments in terms of order, beauty, health and harmony.</p>	<p>Keywords: Service, Contribution</p> <p>Living and fulfilling your reason for being here. Your way of being (supportive, positive, spiritually-focused, high integrity, etc) or working from a life calling, passion or gift. Can refer to service or contributions you make to the world around you.</p>	<p>Keywords: Emotions, Attitudes, Self-Acceptance</p> <p>Your level of self-esteem (i.e., your self-acceptance, self-love and self-respect) Can refer to what your beliefs and perceptions are about yourself and about life in general. Also refers to your attitude or relationship with your feelings: Are you driven by emotions? How do cope with your feelings?</p>	<p>Keywords: Intuition, Faith</p> <p>This refers to the fulfillment of your spiritual life, and the frequency and quality of your spiritual practices (meditation, prayer, spiritual gatherings, selfless service, connection to nature, time with spiritually focused people, spiritual reading, etc.). Intuition measures your ability to “tune into” your deeper self and listen to its messages.</p>

Sample Intentions / Goals / Affirmations

Nutrition	Exercise
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Look and feel great in my body • Have a healthy, strong, vital body and mind that is free of (heart disease, cancer, pain, stress symptoms, diabetes, etc) • Radiant health in body and mind for my family& myself 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be well toned, at the right weight, and feeling really great about my body • Have great stamina, vitality, strength and flexibility to live an active life • Be healthy and disease-resistant (to prevent disease) • Experience self-healing of (a health condition) and maintain wellness
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Implement a realistic, healthful diet, that I stick to, that works for attaining/maintaining my weight goals • Have the perfect nutrition that supports the healing of my (fill in blank) and makes me healthy & vital • Provide the right diet using food, herbs and supplements that will keep my family healthy 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Exercise for 1/2hour, 5 days a week using a fitness program that includes: weight training, aerobic and stretching • Find and implement an exercise program that will effectively support me in attaining my health goals • Prioritize exercise in my life and stick to a realistic and effective exercise program that will give me a well toned, slimmer body
<p>Affirmations:</p> <ul style="list-style-type: none"> • I support myself in making food choices that make me feel and look my best • I am healing and renewing my body of (fill in blank) through the power of healthful nutrition • I keep my family and myself healthy and happy with healthy eating habits 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am getting healthier and more vital every day through my exercise • Exercise gives me energy; it's fun to feel and look better • My body is becoming well toned and slimmer each week from my 4 hours a week of exercise

Sample Intentions / Goals / Affirmations

Stress Mastery	Relationships
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel calm, centered, clear minded, healthy and positive for myself and others • Live a balanced life, giving quality time and attention to the most important things in my life • Be able to cope with stress in effective ways so I can feel empowered and free to live my life fully 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Experience energizing, balanced, supportive relationships wherein we enjoy, and mutually benefit from, each other's talents and virtues • Feel love and acceptance for myself in all my relationships • Take my relationships to new levels of clarity, truth, healing, love and support
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Learn & implement effective skills and strategies for coping / managing my stress levels • Redesign my life to meet my top priorities in a balanced, healthful way • Rediscover the root causes of my stress and find resources to support me in making the changes I need 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Implement powerful relationship skills into my life that improve all my work and personal relationships • Build my self-esteem and magnetize a partner who enjoys (focuses) on my strengths and inner beauty • Heal, release or change my relationship with (fill in blank) so that I feel positive in my relationships, rather than drained
<p>Affirmations:</p> <ul style="list-style-type: none"> • I make peace my top priority. I choose peace-giving thoughts, instead of stressful thoughts • I breathe in (calm, fresh energy, light) and exhale (negativity, fear, fatigue) • I now focus all my energies on possible solutions, and supportive self talk, rather than stressing about the problems 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I have the right balance of taking care of others and myself • I am drawing the perfect person (work/personal) into my life that (fill in the blank) • I now choose and flourish in relationships that are mutually enriching and based on love and support

Sample Intentions / Goals / Affirmations

Finances	Work
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be empowered to create wealth and manage my finances in highly-effective, successful ways • Feel financially secure and free • Feel good about myself in relationship to money 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Have my work environment be one in which I (and my co-workers) can grow and thrive, not just stress and survive • Experience work that is satisfying, well-paying and a good use of my creativity and skills • Create work that is fulfilling my life purpose (passion) and is financially viable
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Confidently implement wealth building and effective money management skills • Have the income that supports me and my family so we can live a healthful, balanced life • Be free of the emotional, practical and mental blocks that I have concerning money and move forward with empowering beliefs and skills 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Improve my work situation by creating strategies to allow the work team and the business to function more optimally • Upgrade my current work situation to be more satisfying, a better use of my skills and more financially rewarding. • Create the kind of work that reflects my true purpose meets my financial goals
<p>Affirmations:</p> <ul style="list-style-type: none"> • I use highly effective, creative wealth strategies that give me lifelong financial success • I am clear, open and receiving a flow of money and abundance in my life • I am easily creating financial success to support my family and myself – and I stay balanced and healthy 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am easily finding the best work situation for myself. • My unique talents, services, skills and passion magnetize and create a financially flourishing work in (fill in the blank) • I am re-designing my work to be more successful with less stress and more joy

Sample Intentions / Goals / Affirmations

Play	Health Care
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Have a more lighthearted, playful attitude towards life so that I am enjoying my life more. • Experience more joy and play in my life. • Express and use my creativity in satisfying, energizing ways 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be in excellent health in my mind/body by taking care of my mental and physical health • To be healed of (fill in blank) OR Support my loved one is in healing (fill in blank) • Have my family myself (mentally and physically) healthy and free of disease.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Balance my life with more time with lighthearted, playful people and activities that bring me joy and fun • Create a life that is creative and playful – one that makes me feel alive • Spend more time at my work and home that satisfy and express my creativity, talents and my passions. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Become educated on how to prevent disease, stay healthy (mind/body) and prioritize making healthful lifestyle choices • Prioritize my healing of (fill in blank) by integrating self-care and by creating an excellent healing team. • Assess my family’s current health status and gather all the resources and plan to support all of us.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I am enjoying my life and feeling happier and more alive! • My creative juices are flowing and I love expressing myself this way. • I choose and enjoy new playmates and activities that give me feelings of joy and well-being. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I activate my <i>healer within</i> to heal my body through daily self-care practices, along with my powerful healthcare team • I now take excellent care of myself and family by making healthful lifestyle choices – and modeling healthy habits. • I prioritize my self-care everyday and I feel balanced in body, mind and spirit.

Sample Intentions / Goals / Affirmations

Environment	Life Purpose
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Create a serene, orderly, beautiful and healthful environment • Have a stronger connection with nature so that I feel good (mentally, spiritually, etc.) • Be a responsible caretaker of my environment locally and globally for myself and for generations to come. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Express my true, authentic Self living in alignment with my values and vision. • Live my life with passion, joy and abundance as I fulfill my soul's purpose • Live a life of greater service and contribution to others.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Clean, clear, organize and beautify my <u>(work / home)</u> space by (fill in blank) • Prioritize and schedule more time in nature (daily 5 days a week) • Find, commit to and take actions that contribute to my local and global environment for about 8 hours a month. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • “Tune into” and uncover my real my passion and purpose and find ways to express it • Find mentors, teachings, guidance and support to be more masterful or skilled in what I do • Fulfill my passion/purpose and easily manifest all my financial needs
<p>Affirmations:</p> <ul style="list-style-type: none"> • I feel and function at my best in a beautiful, organized and comfortable environment. • I feel renewed and centered in my mind, body and spirit by merging with nature. • I feel good about contributing 2 hours a week to being a good steward of the environment. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • As I do what I love, abundance (money, time, etc.) flows freely to me. • I am joyfully fulfilled each day, living from my passion and purpose. • I offer myself to serving others and I feel deeply fulfilled

Sample Intentions / Goals / Affirmations

Self-Esteem	Spirituality
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel real self- love for myself and inspire others (children, friends, family, etc) to feel loving towards themselves. • Experience the beauty and power of my heart and soul and enjoy my life more fully. • Notice negative self-talk and replace with self-acceptance and patience 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel, trust and know that I am guided perfectly every moment by (God, Divine Wisdom, Spirit, Higher Power). • Feel a stronger, unshakable connection to the love and power of (God, my Creator, Source, Universe) • Be a fine-tuned instrument and radiant expression of (God, Peace, Love)
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Release sources of negativity and surround myself with people and things that make me feel good about myself. • Release negative, old patterns and past conditioning and connect myself to my higher nature, beauty and self-love. • Create emotional balance in my life 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Increase my spiritual practices that foster the feeling of being connected to (God, Divine Wisdom, Source). • Create my life in a way that makes my spiritual life my top priority. • Daily attune to and follow my Divine Guidance.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I accept experience my full range of emotions and express them in safe and appropriate ways. I connect with inner wisdom when I notice my emotions. • I love myself, and accept the gifts that my being is creating. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am always divinely guided to be at the right place, at the right time – fulfilling my Divine purpose. • I am always connected to the power of (God, higher forces) – the source of all my needs. • Every day I attune to and am filled with the love, healing, light and power of (the Divine Presence, God, Universe).

**Using the Circle of Life Process:
An Agreement between Coaches and Participants**

As a Coach of the Circle of Life process, I agree to:	As a Participant in the Circle of Life process, I agree to:
<ul style="list-style-type: none"> ☞ Be on time – and effectively manage the time ☞ Come with an open mind that is free of judgment ☞ Lead you through the phases of the Circle of Life process ☞ Model the core principles of the Circle of Life process ☞ Help you navigate the path of your self-empowerment journey ☞ Keep everyone in the process and on track ☞ Guide; not impart or dispense advice ☞ Arrange for expert resources, since I am not an expert ☞ Create and maintain a positive, fail safe learning environment ☞ Use effective questioning and listening skills ☞ Promote forward movement ☞ Lead you in Self Care practices 	<ul style="list-style-type: none"> ☞ Be on time for all sessions ☞ Come prepared in body, mind and spirit ☞ Honor my commitment to attend all sessions ☞ Come with an open mind that is free of judgment ☞ Be “present” in the sessions and focus on the work at hand ☞ Be honest and share my experiences from the heart ☞ Use “I” statements, rather than “you” statements ☞ Share ideas and experiences: not advice or opinions ☞ Respect whoever is speaking by not interrupting them ☞ Honor the designated timeframe when speaking ☞ Share articles, tapes, books, web sites and information ☞ Honor the confidentiality of the group (as applicable)
Signed: _____ Date: _____	Signed: _____ Date: _____