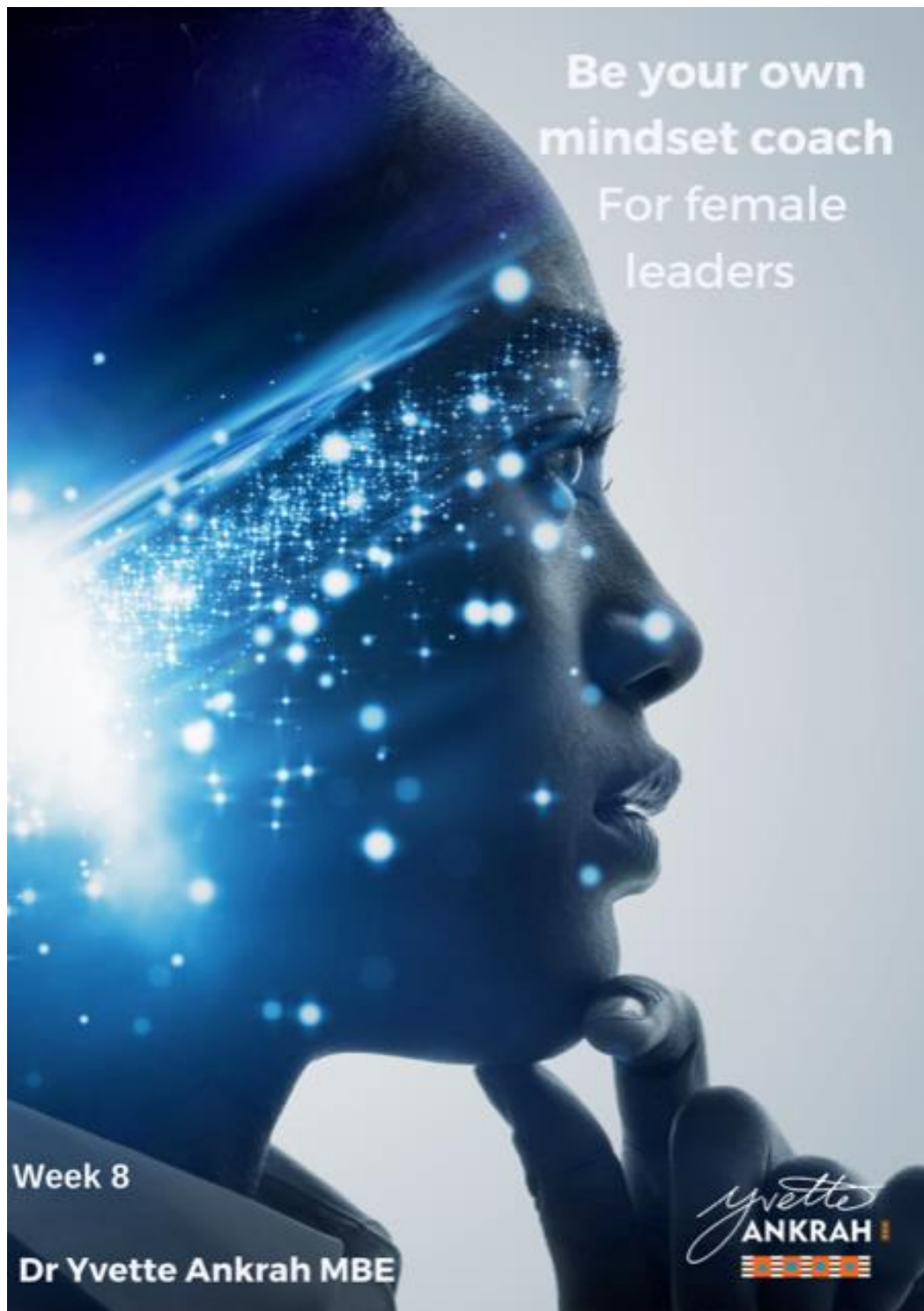




Week 8

Review and celebration



Be Your Own Mindset Coach

Week Eight

Review and celebration!

This week concludes the course and is your opportunity to review and celebrate your achievements!

You began with a baseline to examine your situation and now we will come back to those exercises and reflect as we have reached the end of the eight-weeks.

It's time to do the Taking Stock exercise again, now you can reflect on what is going on for you right now, where you are on your journey and look at what you have learned along the way.

We will also redo the Wheel of Life – quick responses when filling out the numbers!

Set aside 45 minutes to an hour complete the exercises.



EXERCISE – TAKING STOCK

How do you feel today?

Where you are on your journey?



What you have achieved so far? (Focus on the last 8 weeks)

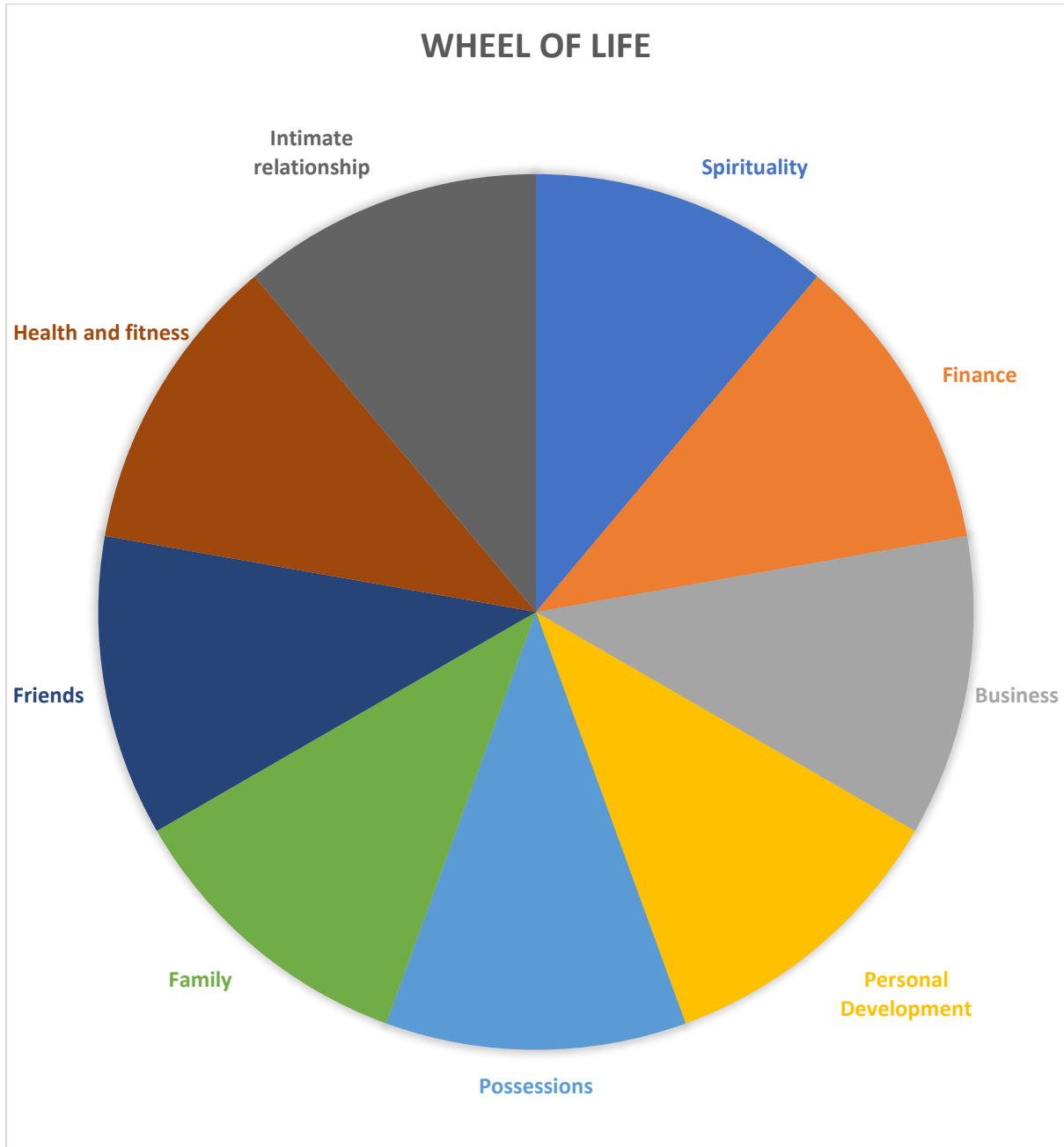
What has changed since you first did this exercise?



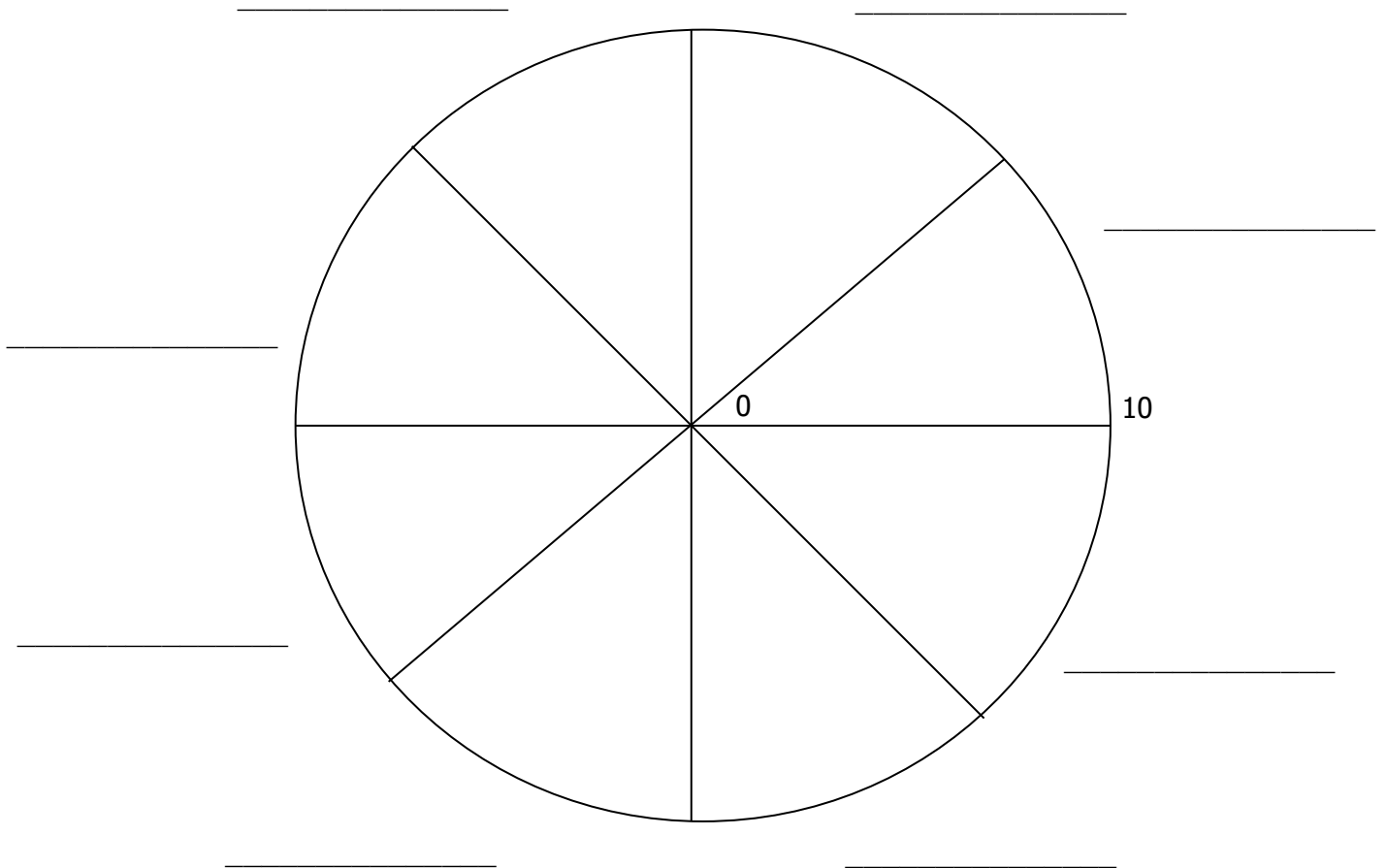
EXERCISE – WHEEL OF LIFE

Using the Wheel of Life, you can get a measure what's going on right now and see where you need more support to get balance. You can choose to use it to examine your personal and professional life.

I have included a blank template so you can choose which sections matter to you.



DATE: _____

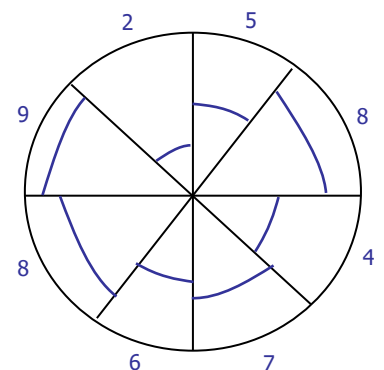


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel

EXAMPLE





Look at your completed wheel and compare it to the one you did at the beginning.

Has there been any change?

Reflect on the changes below:



What are the main things you learned about yourself over the last 8 weeks?



Next steps

What are you planning to achieve in the next 2 months?



Celebration!

Draw, write or stick pictures here of how you will celebrate your 90-day goals