



HAPPINESS IN 7 AREAS of MY LIFE

- PERSONAL PROFILE -



HAPPINESS IN 7 AREAS OF MY LIFE

"A person is literally what he thinks, his character being the complete sum of all his thoughts."

- James Allen in "As a Man Thinketh"

No doubt most of you will probably say that balancing our personal and professional lives has to be one of our most difficult challenges today.

Some of us have had to learn the hard way by working so hard that our physical bodies break down. CLI rejoices when we can assist our clients in finding that place where we "feel" healthy emotionally, mentally, spiritually and physically. In order to do that, this set of Self-Profiles looks at the following areas of our lives:

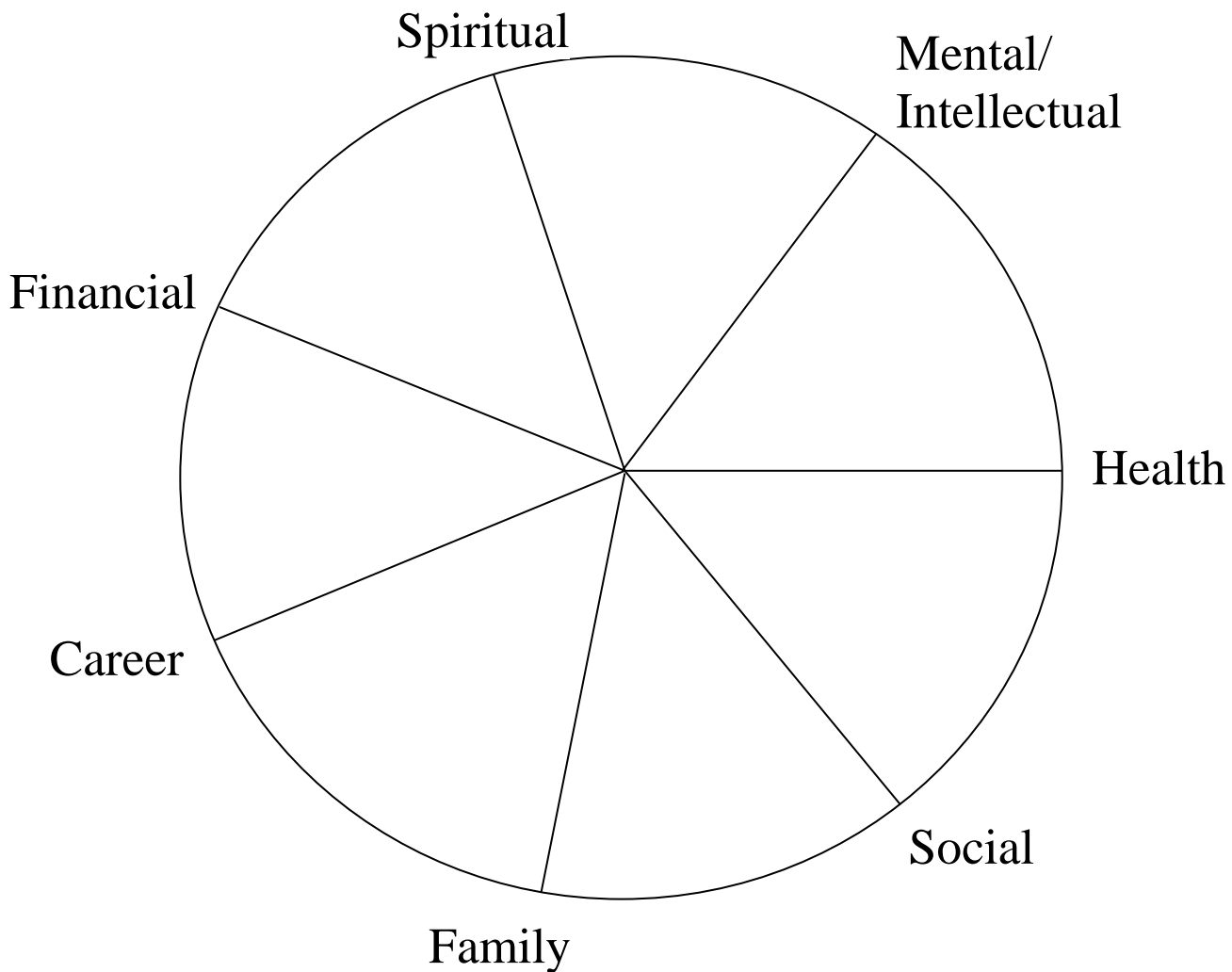
1. Social
2. Health & Wellness
3. Family
4. Intellectual
5. Financial
6. Spiritual
7. Career

This set of Self-Profiles will, no doubt, bring up all kinds of thoughts. It is meant to do so. Because we live such busy lives, we tend to bury issues that should be addressed in order to bring greater balance to ourselves. Use this valuable tool to explore the wholeness of your life. You will be asked to celebrate the areas of your life where you are very balanced. Next, you will be asked to compile a short list of the areas of your life where you would like to see a healthier you. Power Coaching® will assist you by bringing you the clarity you need to achieve a good balance in all areas of your life.

[Print your name here.]



MY DEGREE OF HAPPINESS IN THE SEVEN AREAS OF MY LIFE



The center of the circle is "10". The outside of the circle is "0".

Rate out of 10, with 10 being the highest, your happiness with your life in each of the seven areas. Mark each line with a dot to indicate where you are at this time in each of the seven areas. Then connect the dots. The points farthest away from the centre may be the areas you wish to receive Power Coaching™ in at this moment in time.

This exercise is meant for you to take an overall view of your life. The next few pages will allow you to go into more detail.

I: THE SOCIAL AREA OF MY LIFE:



Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements.

Your rating out of 10

1. I am usually poised and self-confident in any social setting. _____
2. I believe that I am successful. _____
3. I believe that *others* believe I am successful. _____
4. I volunteer my time in community on a regular basis. _____
5. I have at least one friend in whom I can confide. _____
6. I care about the environment and do my best to keep it healthy. _____
7. In most social settings, I am open to receiving constructive criticism/
ideas from people. _____
8. In most social settings, I offer my ideas in caring, compassionate ways
which encourage people to take action in their lives. _____
9. Where I see injustice in the world, I take a lead role in correcting it. _____
10. I respect and honour (vs judge) the people in my community for their
contribution to society. _____

*NOW, review the above and celebrate the parts of **your social life** with which you are **perfectly happy!***

NEXT, make notes below on the specific elements of **your social life** which you might like to **improve** through Power Coaching.

1. _____
2. _____
3. _____



II: THE HEALTH & WELLNESS AREA OF MY LIFE

1. Food Intake: Check which one of the following best describes you . . .
 - I am a vegan. (only vegetables/grains/fruits, no dairy/fish/meat/poultry)
 - I am a vegetarian. (only vegetables/grains/fruits & no eggs/fish/meat/poultry)
 - I eat mostly vegetarian (5 out of 7 days per week).
 - I eat meat/fish/chicken/eggs several times a week.
2. How many times per week do you go for a fifteen minute fresh air walk? _____

3. What other exercise do you do? How often?

4. What exercise do you do to make you "present" in your body? (yoga, tai chi, etc.)

5. How many glasses of water do you drink per day?

6. How much alcohol do you consume daily? _____
How much coffee do you consume daily? _____
Do you smoke? If "Yes", how much? _____
Any past or present addictions you'd like to acknowledge? _____
7. Do you eliminate daily? _____
8. Are you overweight? underweight? just right?
9. What diseases or body malfunctions do you currently suffer from?

10. How many hours of sleep do you get per night? _____
11. Are you happy with the intimacy in your life? _____
12. Are you capable of sitting quietly alone for twenty minutes per day? _____
13. Are you happy with your state of physical cleanliness? _____
14. How do you release your negative emotions?

*NOW, review the above and celebrate the parts of **your health and wellness** with which you are **perfectly happy!***

NEXT, make notes below on the specific elements of **your health and wellness** which you might like to **improve** through Power Coaching.

1. _____
2. _____



III: THE FAMILY AREA OF MY LIFE

Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements. Write "n/a" next to the statements which don't apply to you.

Your rating out of 10

- 1. I am happy with my relationship with my life partner. _____
- 2. I am happy with my relationship with my children. _____
- 3. I am happy with my relationship with my parents. _____
- 4. I am happy with my relationship with my siblings. _____
- 5. I am good at receiving love from others. _____
- 6. I am good at giving love to others. _____
- 7. I am perceptive of the needs of my partner/children. _____
- 8. I am easily able to express, to my family members, my true feelings of joy, gratitude and happiness. _____
- 9. When I listen to others, I put aside "my stuff" and truly listen to their feelings. _____
- 10. When I communicate my negative feelings to people, I communicate in a gentle, kind, loving manner. _____
- 11. Those closest to me would say that they can easily communicate their true feelings to me. _____
- 12. I have set "family" goals with those closest to me. _____
- 13. I have lots of "fun" with family members. _____

*NOW, review the above and celebrate the parts of **your family life** with which you are **perfectly happy!***

NEXT, indicate the names of the people in your family life with whom you'd like to have a better, more loving relationship: _____

Next, make notes below on the specific elements of **your family life** which you might like to **improve** through Power Coaching.

- 1. _____
- 2. _____
- 3. _____



IV: THE INTELLECTUAL AREA OF MY LIFE

Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements.

- | | Your rating out of 10 |
|---|------------------------------|
| 1. I consider myself to be fairly analytical. | _____ |
| 2. I have the ability to take a new project and sequence the steps necessary for effective completion of the project. | _____ |
| 3. I am a logical thinker . . . I make decisions based on facts plus intuition. | _____ |
| 4. I am a keen learner and do so via books, tapes, seminars, etc. | _____ |
| 5. I am a bilateral thinker...I switch easily between my logical (left) brain and my intuitive/solutions (right) brain. | _____ |
| 6. I honour and appreciate my current intellectual ability. | _____ |
| 7. I believe that I can expand my I.Q. (intelligence quotient/knowledge). | _____ |
| 8. I believe that I have the ability to be a genius. | _____ |
| 9. I believe that the most effective leaders have both a high IQ and EQ (emotional intelligence). | _____ |
| 10. I am enthusiastic about raising both my IQ and EQ. | _____ |

*NOW, review the above and celebrate the parts of **your intellectual life** with which you are **perfectly happy!***

Next, make notes below on the specific elements of **your intellectual life** which you might like to **improve** through Power Coaching.

1. _____
2. _____
3. _____



V: THE SPIRITUAL AREA OF MY LIFE

Our beliefs, deep down at a spiritual level, manifest as words, actions, and thoughts. We are what we believe. Our thoughts **are** our actions. Our beliefs affect our relationships with others and run our lives. Our spirit is really our beliefs turned into action.

Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements.

Your rating out of 10

1. I love myself. _____
2. I care deeply for others. _____
3. I care about the opinions of others. _____
4. I receive enough recognition and praise. _____
5. I believe that others care about me. _____
6. I believe that my emotions affect my physical health. _____
7. I believe that I have the power within me to create whatever I desire. _____
8. I believe that I have great untapped gifts within me. _____
9. I believe that having happy, healthy relationships are more important than money or material goods. _____
10. I seek help from others when I need it. _____
11. I am peaceful inside. _____
12. I believe I can be more peaceful and loving. _____
13. I believe that my fears hold me back from achieving my dreams. _____
14. I believe that love is stronger than fear. _____
15. I often celebrate my many positive thought patterns. _____
16. I am willing to change my negative thought patterns into positive ones. _____
17. I am attached to certain things and can't let go of them. _____
18. I am attached to certain people that I can't let go of. _____
19. I am attached to certain places that I can't let go of. _____
20. I believe that killing, cheating and dishonesty hurt a person's spirit. _____
21. I use anger constructively. _____



V: THE SPIRITUAL AREA OF MY LIFE (CONT'D)

Your rating out of 10

22. I devote time daily to connecting with my higher power through prayer, meditation, walking in nature, sitting in silence, etc. _____
23. I have a good understanding of why I exist...I understand my spiritual purpose. _____

*NOW, review the above and celebrate the parts of **your spiritual life** with which you are **perfectly happy!***

NEXT, make notes below on the specific elements of **your spiritual life** which you might like to **improve** through Power Coaching.

1. _____
2. _____
3. _____

OPTIONAL EXERCISE:

Imagine being in the most peaceful place you know of. Notice how connected you are with yourself, (your spirit), and your body at that moment.

VI: THE FINANCIAL AREA OF MY LIFE



Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements.

Your rating out of 10

1. I am happy with the amount of money I am putting aside for retirement. _____
2. I am grateful for the material comforts I have in my life. _____
3. I manage my money well, pay all my bills and save for special times. _____
4. I use my money to have fun in life. _____
5. I share my wealth with others by helping those less fortunate or I have an intent to do so. _____

*NOW, review the above and celebrate the parts of **your financial life** with which you are **perfectly happy!***

Next, make notes below on the specific elements of **your financial life** which you might like to **improve** through Power Coaching.

1. _____
2. _____
3. _____



VII: THE CAREER AREA OF MY LIFE

Careers vary from being a stay-at-home Mom and Dad to being the President of an organization or country. Careers depend upon your motivation and spiritual purpose.

1. When you were a child, what did you dream of accomplishing? Of being? What was a passion for you?

2. Have you accomplished it? _____

3. If you haven't, what has stopped you?

4. What you are currently doing career-wise, is this your passion? If not, what is your passion? What do you believe you should be doing in the world to make a difference for the world?

Rate out of 10, with 10 being the highest, your PERCEPTION of yourself in each of the following statements.

Your rating out of 10

1. I am happy with the position I have accomplished in my career. _____

2. I believe that I can become more proficient in my current position. _____

3. I have set goals for myself with respect to achieving higher positions and/or increasing my proficiency in my current position. _____

4. I have created a Learning Plan which will assist me in achieving these career goals. _____

*NOW, review the above and celebrate the parts of **your career** with which you are **perfectly happy!***

Next, make notes below on the specific elements of **your career** which you might like to **improve** through Power Coaching.

1. _____

2. _____

3. _____

Thinking about your career, you may find it useful to look at:



1. the roadblocks which prevent you from truly following your passion from a career point of view.
2. the fears you have about achieving your career goals.
3. the fears you have about your future.
4. your whole life history and see what latent talents can be brought forward to assist you in living your passion.

SUMMARY OF YOUR HAPPINESS IN 7 AREAS OF YOUR LIFE

1. Take a moment now to review the summary at the end of each Area of Your Life. In each Area you made a list of three things that you felt **you might like to improve** through Power Coaching®. In total you could have 21 things! Therefore, we invite you now to look over all those points and create a list of five priority points which you may wish to focus on at this moment in time. Some you may wish to work on privately, some with a Power Coach® and others you may feel could be fun to work on in a group setting.

a) _____

b) _____

c) _____

d) _____

e) _____

2. Take a moment now to review all Areas of Your Life and make a list of the things which are **important for you to celebrate** - the parts of your life which bring a smile to your face or in which you feel you have done a good job.

a) _____

b) _____

c) _____

d) _____

e) _____

Great work!

"Finding solutions to life's challenges is easier than you think. The secret is learning how to find them!"
- Betska K-Burr