



Personal Development Coaching

Getting Started Guide to Living Your Best Life



Megan Lye
Personal Development
Coach

Wheel Of Life



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Instructions:


Go through each area shown in the wheel of life
+ rate where you feel you are NOW on a scale of (1-10)
1 being low and 10 being high.

SELF AWARENESS  _____

IMPACT  _____

SURROUNDINGS  _____

MINDSET  _____

GROWTH  _____

WELLNESS  _____

CAREER  _____

FINANCES  _____

RELATIONSHIPS  _____

FUN  _____

**Now that you've established where you are.
Here are a few questions to consider.**

1) Which area(s) are you most proud of ?

2) Which area(s) surprised you?

3) Which areas would you like to make a
priority in your life?

What's holding you back?

1) What is your gremlin message?

The message that in some way is telling you “you can't”

2) How is that message affecting your life?

3) How can you shift the message to help you instead of holding you back ?

Now What?

It's time to take action!

You now know where you are in your life.
You know what areas of your life you want to make a priority. And you have identified your inner gremlin and the message that's holding you back.

First - Take a moment to realize what you've just accomplished. You have taken the first step in your personal development journey and you should be proud of that.

Now it's time to take that awareness, create an action plan and make it happen! Trust yourself and know that I believe you can do it.

If you are still feeling lost, or unsure of your next step.

There's good news!

I'm here to help! There are several ways we can work together and I'm here to guide you through your personal development journey!

Are you ready to get started?

[Book Your 15 Minute Discovery Call](#)