

Creating an even better life and becoming an even better you!

Nando Reynolds 541-821-6623 www.nando-r.com

To get the most out of our work together, you need to be clear about what you want. What are you hiring me to help you do? What do you want to change in your life? What skills do you want to develop? What do you want to do less of, and more of? How would you like to think, feel and act differently? In the next 3 months, how would you like to become a better person?

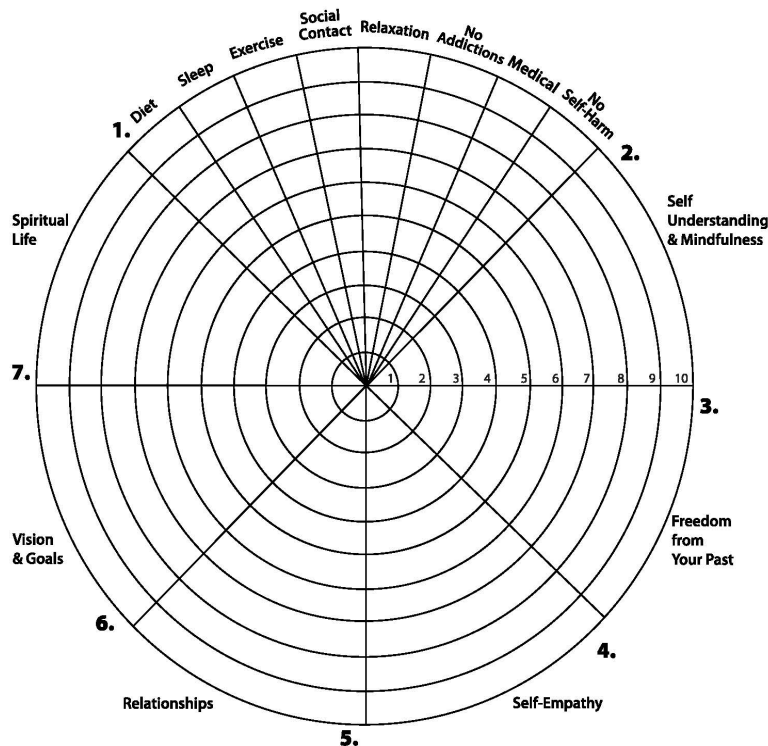
Here are several tools for helping you get clearer on your goals and on the core values upon which you want to base your life...

One helpful tool for helping you become clearer on your goals is the 7 Keys Wheel. Rate each skill area on a scale of 1-10, where 10 is good. The fuller and rounder the wheel the better.

Life in Balance: The 7 Keys™

Self-assessment

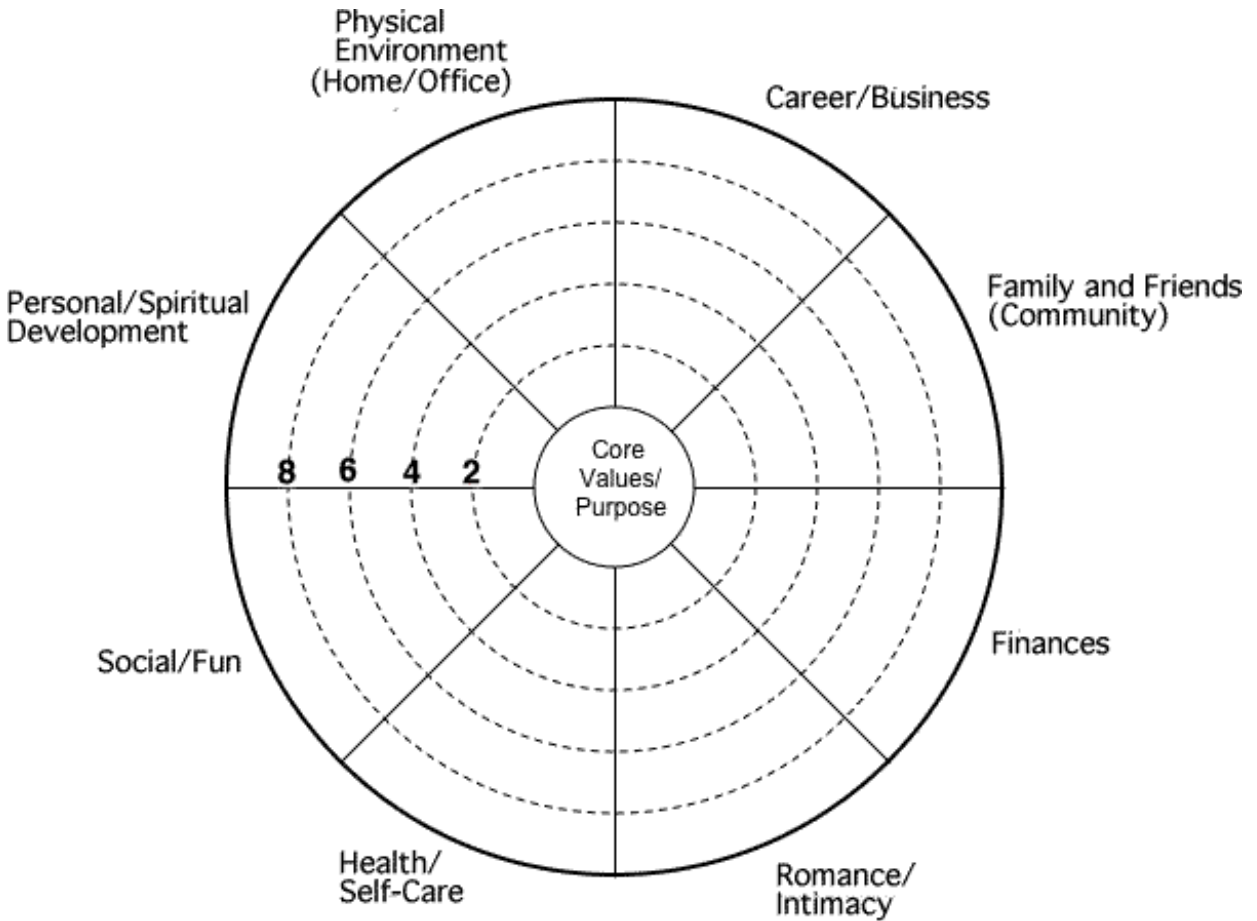
Nando Reynolds & Maria Connolly



© 2000-2015 Life in Balance: the 7 Keys™. All rights Reserved. May be freely duplicated with our byline for individual use. Permission required for use in a group or training setting.
<http://instituteforprofessionalleadership.com/>

Another is the **Life Wheel**:

This wheel contains eight sections that, together, represent one way of describing your life. You may choose to use other labels or categories, or to add sections. Personalize the wheel and then rate your level of satisfaction (1-10) in each area of your life. If this were one of the wheels on your car, how bumpy would the ride be?



People generally create happiness in their lives through meaningful engagement. There are three kinds of this: hedonism, where a person seeks pleasurable experiences; challenge, where a person defines goals and challenges and then meets and overcomes those; and service, where a person works to contribute to the well-being of others. It is helpful for you to be able to identify your style – what percent of your meaningful engagement with life comes from

Hedonism _____ Challenges _____ Service _____ ?

In thinking about this, it is also useful to define your primary core values:

Use the list of common values on the next page to examine what is important to you. Start by starring words that reflect what you value most. Some of the words are similar, so you may find clusters of words. Choose the words that best describe what you value. Then number the words from 1-10 and ultimately use the first five for this exercise. Feel free to substitute other words if they better reflect your values. Give this exercise only 15 minutes.

Core Values:

1. _____
2. _____
3. _____
4. _____
5. _____

How do you currently cultivate each one of them?

1. _____
2. _____
3. _____
4. _____
5. _____

Where do you fall short?

1. _____
2. _____
3. _____
4. _____
5. _____

COMMON PERSONAL VALUES

Accomplishment, Success	Friendship	Privacy
Accountability	Fun	Prosperity, Wealth
Accuracy	Generosity	Punctuality
Adventure	Gentleness	Regularity/consistency
Beauty	Goodwill	Reliability
Calm, quietude, peace	Goodness	Resourcefulness
Challenge	Gratitude	Respect for others
Change	Happiness	Responsiveness
Cleanliness/orderliness	Harmony	Results-oriented
Collaboration	Health	Rule of Law
Commitment	Honor	Safety
Communication	Improvement	Security
Community	Independence	Self-reliance
Competence	Individuality	Sensitivity
Competition	Inner peace, calm	Service (to others, society)
Concern for others	Innovation	Simplicity
Connection	Integrity	Skill
Cooperation	Intelligence	Solving Problems
Coordination	Intensity	Speed
Creativity	Justice	Spirit, Spirituality in life
Decisiveness	Kindness	Stability
Determination	Knowledge	Status
Delight of being, joy	Leadership	Strength
Democracy	Love, Romance	Success/Achievement
Discipline	Loyalty	Teamwork
Discovery	Meaning	Timeliness
Diversity	Money	Tolerance
Efficiency	Openness	Tradition
Equality	Patriotism	Tranquility
Excellence	Peace, Non-violence	Trust
Fairness	Perfection	Truth
Faith	Personal Growth	Unity
Faithfulness	Perseverance	Variety
Family	Pleasure	Well-being
Freedom, Liberty	Power	Wisdom
	Practicality	

Here are a few other questions to reflect upon:

Is your life one of your choosing? If not, which parts are being chosen for you?

List five things that you are tolerating or putting up with in your life at present. (i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.)

On a scale of 1 – 10, 10 = HIGH, rate your current level/degree of stress: _____

What are your primary stressors?

Your future:

What is your personal or professional vision for your future?

What is your personal or professional mission statement?

What works best for YOU

How can I best support you in achieving your goals?

What types of approaches discourage you or take away your motivation?

How will you know that you are getting your money's worth from our process?

How can I best support you? Using each number once, place the following in order of importance. Rank using 1-10 (1= Most Important; 10 = Least Important)

Insight into Who You Are and Your Potential

Exploring and Removing Blocks and Obstacles to Your Success

Working through Self-Improvement Programs Together

Painting a Vision of What You Can Become or Accomplish

Directness: Asking Hard Questions; Challenging You to Move Forward

Brainstorming Strategies Together

Support, Encouragement, Validation

Accountability; Checking up on Goals

Suggesting or Designing Action Steps

Strategic Planning

Name _____ Date _____

Areas you want to improve on 7 Keys Wheel _____

Areas you want to improve on Life Wheel _____

Current Stress level _____

Engagement %: Hedonism _____ Challenges _____ Service _____

5 Core Values _____

Vision Statement _____

Mission Statement _____

What would you like help changing in the next few months?

What are you willing to do to bring about that change?
