

# SteppingStones

*“Immediately Useful Tools and Resources for Greater Success”*

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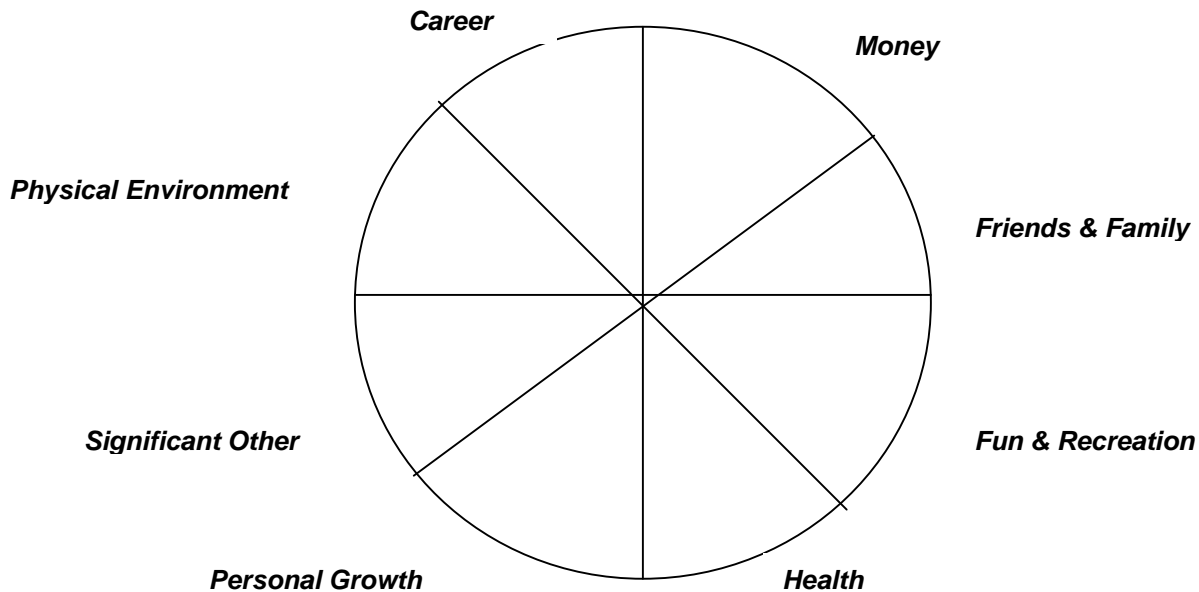
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## Coaching – It’s Not Just For Athletes Anymore

*A few simple exercises to get you thinking...*

### I. THE WHEEL OF LIFE

The eight sections of the Wheel represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge for each section. The new perimeter represents the wheel of YOUR life. If this were a real wheel, how bumpy would the ride be?



### II. INCOMPLETES

List 5 unresolved issues or situations (small or large) that are draining your energy. Circle one that you can complete TODAY.

**DISTINCTION:** *Incomplete vs. Unfinished*

Unresolved vs. Still needs work

Requires resolution vs. requires action

- 1.
- 2.
- 3.
- 4.
- 5.

### III. TOLERATIONS

List 5 things (small or large) you're putting up with or tolerating. What you are tolerating continually drains your energy, as if you were trying to fill up a cup with holes. Tolerations also keep you from being yourself and evolving quickly as a human being. Examples: squeaky car door, a cluttered desk, a rude neighbor.

- 1.
- 2.
- 3.
- 4.
- 5.

Circle one that you can eliminate TODAY.

IV. What's the one big change that would make the most difference in your life?

V. What's the first step you will take to implement that change? By when will you do this?

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Are you ready to get into action?

Call Nancy Gerber, President of **SteppingStones** and *Professional Certified Coach*, for a FREE 30 minute introductory coaching session to discuss your responses to these exercises.

*What different and better results would you like to experience in your life?  
Where do you need to grow so that you can achieve these results?*

**SteppingStones** programs and services include:

- Speeches, seminars, teleconference workshops and classes
- Personal and business coaching for individuals and groups
- Free monthly e-mail newsletter, NEXT STEPS

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