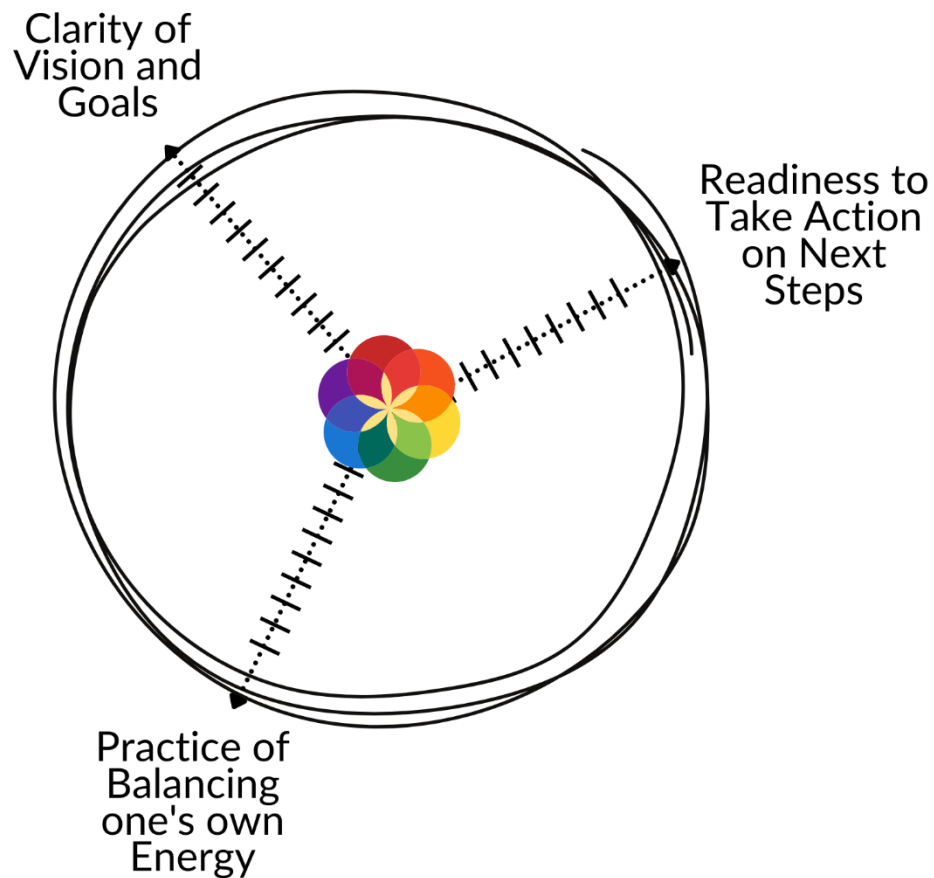


# "REVEAL YOUR TRUE PATH" WHEEL



## MY WHEEL RATINGS

**Wheel Description:** This wheel highlights key areas that we will focus on during our coaching. By rating yourself regularly on this wheel we can monitor and discuss progress, as well as identify key areas of focus to support you.

### Clarity of Vision and Goals

- 10 = I know have a clear idea of my goals for the next 1 - 6 months, 12 months, 5 years.
- 5 = I am clear on my 5-year and 12-month goals but can't decide on my shorter goals.
- 0 = I have no idea of my future goals.

**Readiness to Take Action on Next Steps**

- 10 = I am clear on my next steps and ready to take action.
- 5 = I am clear on my next steps but I feel stuck or like something is holding me back.
- 0 = I am not clear on my next steps and/or fearful of moving forward.

**Practice of Balancing one's own Energy**

- 10 = I meditate every day using sound vibrations to clear imbalanced energy.
- 5 = I try to meditate every day and use sound vibrations inconsistently, but sometimes I chose not to do so.
- 0 = I do not have a practice of meditation or a way to balance my energy.

*Use this table to help track your ratings of the wheel.*

Segment	Clarity of Vision and Goals	Readiness to Take Action on Next Steps	Practice of Balancing one's own Energy
Beginning			
End of Week 2			
End of Week 4			
End of Week 6			
End of Week 8			