

Phase 1: Assess Your Life



To Thine Own Self Be True.

- William Shakespeare

Introduction

You're in your lifeboat and ready to begin your journey toward your desired destiny. One of the most crucial steps to planning a voyage is taking the time to prepare and plan for your trip. For the Circle of Life process, this starts with Self Inquiry and Phase 1: Assess Your Life. Why is this step so important?

There is real power in taking time to reflect on your current life to assess the areas of your life that are satisfying to you – and which areas are not. Additionally, focusing on your strengths will give you the confidence and motivation to move forward in the areas that need support.

Your Circle of Life Coach will review this phase with you and guide you through the Circle of Life Assessment.

Jean's Circle of Life Assessment

