

Context and content

Where do you feel your context is the most constricted?

What would it take for you to expand that?

Wheel of Life bonus sheet

LISA

Personal growth 10

10

9

10

9/10

Romance 10

Work

Finances

Controlling my environment to be safe

Prayers have been help me get out of my own way

Most raw piece

In the world in relation to other people

Not accustomed to feeling scared

The unknown

Second guessing

CRYSTAL

Health 7

Friends 7

Fun 6

serious person

not deliberate fun

by myself fun

did you have fun by yourself as a kid?

What is my fun cup?

Env 9

Growth 9

Finances 10

Romance 9

Work 6/7

always looking for the thing that makes me come alive every day and

feel behind

don't feel accomplished

Lingering why am I not further ahead; makes me not enjoy it as much

— looking for that perfect thing

“Core beliefs travel in packs”

CELEBRATION IS CALLED FOR!

Crystal is great at being curious = play

CARLA

Swirling around 4/5 satisfaction overall

Health 10

Personal growth 10

FOCUS — figuring out aspects of relationship

Takes so much of my energy and attention

ANDRE

Work 10

Health 4.5/5 — go to yoga

Friends 5/6

Fun 9

Environment 3.5/4

Personal Growth 7

Finances 9

Romance 7

RAEANN

Health — low blood pressure; fighting ldl making conscious choices

Money epiphany 2007 made 1.7 million / last year made \$170k but personally have made the same —

KATIE

Health 10

Friends 5/6

Fun 5/6

Environment 9

Personal Growth 10

Finances 4/5

Romance 2/3

Work 8

Money didn't exist in my family growing up. Owning being good at the concrete side of money and numbers.