

Richard Boyatzis is a professor at Case Western Reserve University and he does research on emotional intelligence and behavior change. His model for personal change, Intentional Change Theory (ICT), makes a lot of sense to me. Here is a simplified version of ICT:

1. Reality check. Get a clear snapshot of where you are now.
2. Create a vision. Clearly define what you want to achieve.
3. Make a plan. Lay out the steps you need to take to get from 1 to 2.

In Assignment 1 of this lesson, you began to work on number 1 - getting an idea of who and where you are now. You defined your values and priorities in order to create your Absolute Yes List.

You began to work on number 2 – creating your vision – when you did the Big Why worksheet. It included a visualization exercise.

Now we are going to pull it all together and create an action plan. Download and complete the Wheel of Life exercise. We will talk about it during our coaching session.

Have fun with the exercise! It's about dreaming and creating. Just put down first thoughts and gut reactions if you feel yourself getting stuck. Part of making a plan using ICT is experimenting and practicing new thoughts, feelings and/or behaviors.

This isn't a plan set in stone. It's the beginning of an exploration of who you want to be and what you want to accomplish. The really useful part of the Wheel of Life exercise is deciding what you want to focus on now.