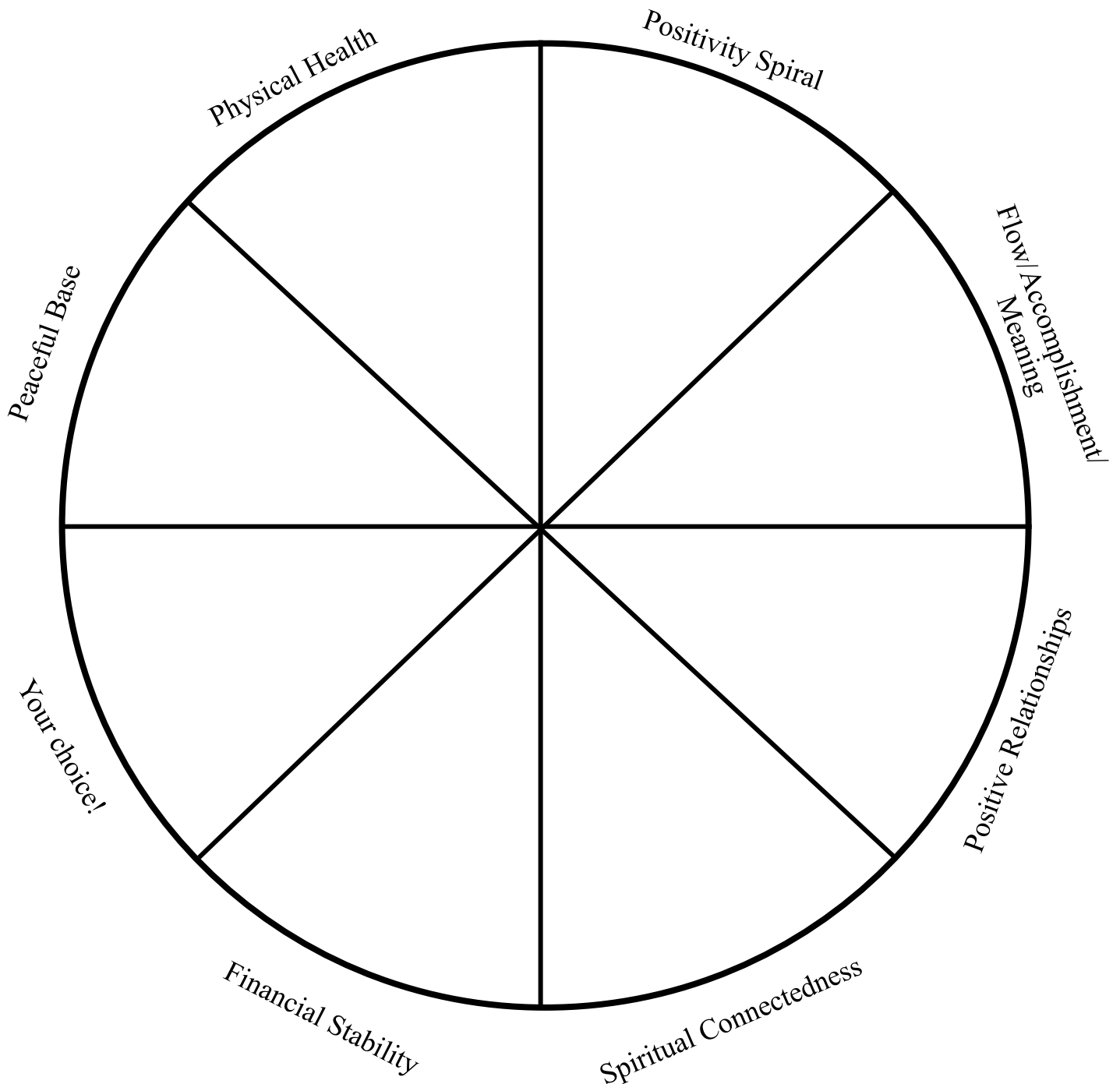


Kathy's Bloom and Flourish Model



Directions for Kathy's Bloom and Flourish Wheel

Rate each category on the Wheel on a scale of 0 to 10:

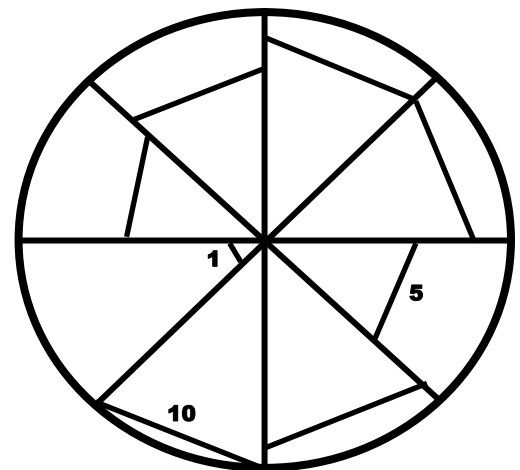
10—You couldn't be more satisfied with where you are at this point in your life. You are right on track.

5—It's OK, but there are some changes that you could make here and feel more satisfied.

0—There is no fulfillment in this area. You would be much happier if everything about this category was different.

- _____ **Peaceful Base**
- _____ **Physical Health**
- _____ **Positivity Spiral**
- _____ **Flow/Accomplishment/Meaning**
- _____ **Positive Relationships**
- _____ **Spiritual Connectedness**
- _____ **Financial Stability**
- _____ _____

You get a complete picture of your life by translating the numbers that you wrote above onto the Wheel on the next page. If you wrote down a 10 for a category, make a line along the outer edge of the circle. If you wrote down a 5 in a category, make a line across the piece about halfway between the outer edge of the circle and the center. If you have a 0 in a category, draw a small line right by the center point where all the pieces meet.



Goals and Commitments*

With a goal, there is a specific point in time by which you either have or have not accomplished it. It is measurable and specific. Either you have increased your income by 30% by July 31, or you have not.

A commitment is different from a goal in that it is an ongoing quality-of-life shift. A commitment is not measurable. It may have to do with the state or quality of being that you want to create in your life. “I am committed to making a difference in the world through my work,” “I am committed to having open communication with my children,” or “I am committed to a healthful lifestyle and a fit body” are all examples of commitments. Using the Wheel as your guide, identify your goals (with specific due dates) and your commitments.

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	Goals	Commitments
Peaceful Base	1. _____ 2. _____	_____ _____
Physical Health	1. _____ 2. _____	_____ _____
Positivity Spiral	1. _____ 2. _____	_____ _____
Flow/Accomplishment/Meaning	1. _____ 2. _____	_____ _____
Positive Relationships	1. _____ 2. _____	_____ _____
Spiritual Connectedness	1. _____ 2. _____	_____ _____
Financial Stability	1. _____ 2. _____	_____ _____
_____	1. _____ 2. _____	_____ _____