

Woman, Mum and Family Wheel

This is a simple exercise to help you identify areas of your life that you are happy with and areas of your life you would like to improve.

What is important to you as a woman, mum and family?

Woman – confidence, managing stress, health, physical appearance, going back to work, career and me time.

Mum – healthy eating, fussy eaters, routines, discipline and boundaries, sibling rivalries, education and extra curricular activities.

Family – friends, community, religion, family activities and relaxing together

Choose 6-8 of the above words or your own words that are important to you and write each word in a segment.

Then give each segment a score 1-10, 1 being an area which needs lots of improvement and 10 being an area of your life which you are really happy with.

Excellent – now you know what areas you would like to be coached on.

