



# TAKE YOUR NEXT STEP IN LIFE...

WITH CONFIDENCE & CLARITY

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**The Importance of Self**

# Want to make improvements in your life but not sure where to start or how to begin ?

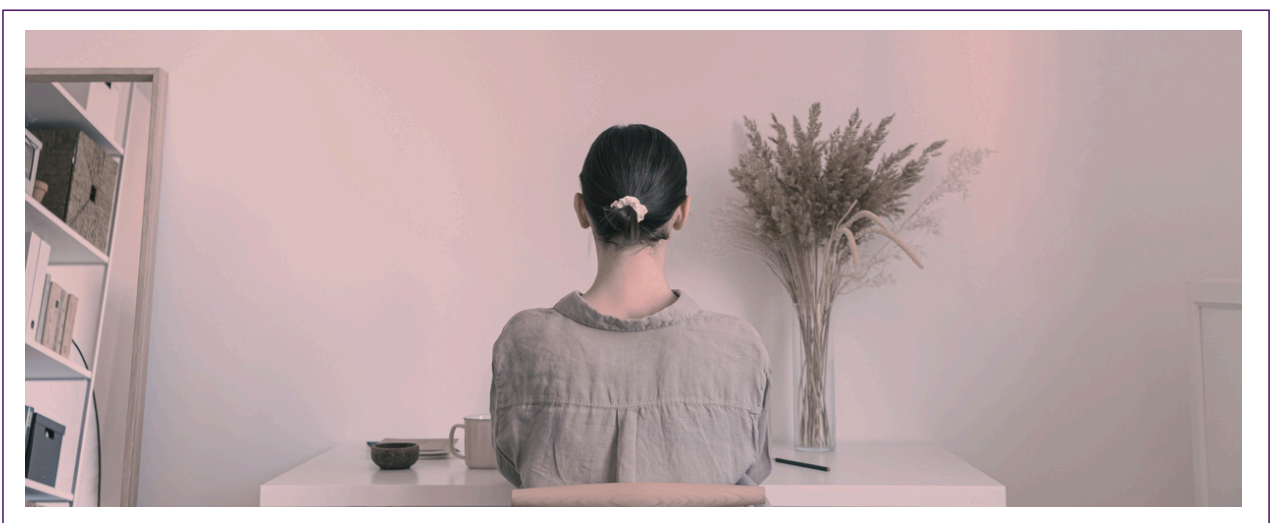
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Taking a little time and space to reflect on your life with honesty and compassion is a powerful first step to improving yourself and your life. With this 3-step coaching exercise you can quickly and easily identify where you're at and what's not working for you, gaining more clarity and focus.

## BEGIN WITH CLARITY

**To help you find easily the current imbalances in your life, I invite you to create a Wheel of Life.**

I have used this powerful visual tool for forever in my coaching practice and many other coaches do too. It gives you an immediate snapshot of how balanced each area of your life is, and helps you take stock, evaluate what's important to you. With that you get a better understanding of what comes first on your path to a Life of Your Dreams.



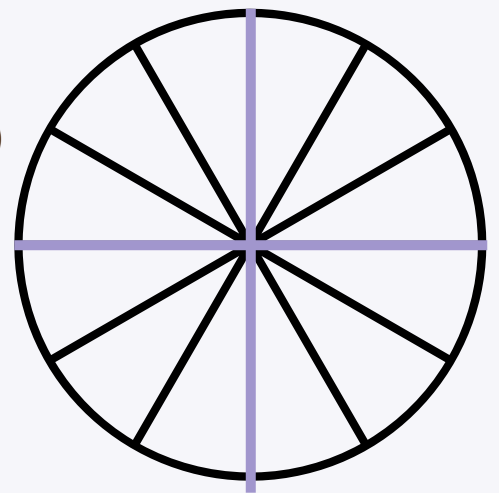
**" Love is the bridge that spans the world above and below, and keeps the wheel of life turning. "**

# LET YOUR JOURNEY BEGIN...

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- **Step 1** Draw a circle in the centre of a plain piece of paper and divide that circle into into twelve equal segments. (Draw a cross and separate each section into three)
- **Step 2** Reflect upon areas of life that are important to you as you label each segment with the headings below.
- **Step 3** Instinctively give each category a rating between 1-10, 10 being fully fulfilled.

- **Physical Health** (Food, fitness, sleep)
- **Mental Health** (Beliefs, values, goals)
- **Spirituality** (Connection, nurture, nature)
- **Emotional Health** (Confidence, resilience)
- **Relationships** (Partner, family, friends)
- **Environment** (Home, community)
- **Passion and Purpose** (Love, contribution)
- **Professional Life** (Career, business)
- **Finances** (Expenses, debits, growth)
- **Social Life** (Relaxation, fun, adventure)
- **Personal Growth** (Mind, body, spirit)
- **Creativity** (Hobbies, interests)



\*\*\* It would serve you well to date your Wheel of Life, so that one day you can look back to exactly where you were and how far you have come.

**'The first step to change & transformation is AWARENESS.'**

*And here you are...*

# When your wheel of life is in balance...

When your wheel of life is in balance, life feels fairly easy, but we often notice the bumps when one or a few aspects of our lives are out of balance with the rest.



## REFLECTIVE QUESTIONS

### Let's take a closer look...

Before you started, which category did you think was your main concern? After completing this exercise has your point of view changed?

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How balanced is your Wheel of Life? And which areas would you like to give more attention to?

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Which areas of your life are going well and which areas do you need to take better care of ?

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Where would you like to start in creating a better life for yourself ? Define specific steps that you would like to take ?

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## **Your Key Insights...**

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" Alex brings an authentic and innovative approach to therapy as a Holistic Lifestyle Coach and Therapist, adding a modern and colourful twist to her original teachings within the field of Physical, Mental and Spiritual wellbeing.

She has created a range of fundamental Living Life Well programs using her Power of Three approach, where she provides 1-1 coaching, couples counselling, family and small group sessions and workshops. She writes and speaks confidently on issues of healing and developing the Mind, Body and Spirit."

Mel, Sunlight Health, Australia



## MEET ME...

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Hi... x I am Alexandra Archer a Holistic Lifestyle Coach and Therapist. I believe connecting Mind, Body and Spirit to be the only way to improve your life and live fully !

I have over 2 decades of experience coaching Optimal Health and Abundant Happiness to people from all walks of life.

People just like YOU who want to level up their lives and create the life of their dreams.

I am your guide, health advisor, teacher and confidante for all your mental, physical and spiritual development needs.

**My holistic approach is what makes ALL the difference.**

I am the unique and no-nonsense Health and Happiness support that could be in your life and on your side.

***In LOVE & LITE XalexX***

# It's lovely to meet you...

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Thank you for taking the time and effort to complete your Wheel of Life. May it be of lasting benefit to you and have a ripple effect on those you love. May this be the beginning of a beautiful journey for you with me by your side supporting you every step of the way.

I know it takes courage to connect more deeply with what is going on inside of you, to reach out for guidance and to step into a greater version of yourself.

## **Imagine for a moment a sense of peace inside of you...**

*A clarity of direction both personally and professionally and an unwavering resilience in whatever life throws your way.*

By bringing together my travels and trainings with over 2 decades of experience as a coach and therapist and combining my Power of Three holistic living life methods, I aspire to bring more clarity, direction and joy to every aspect of your life.

## **Are you ready for a coaching journey ?**



# NEXT STEP ? LETS TALK.

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Let's schedule a FREE call together, which will give you the opportunity to share what's going on for you, to discuss your wishes and ask any questions you might have.

It'll give us a chance to get to know each other and determine which combinations of coaching and therapy are the best fit for YOU. Getting a date in the diary for your first 1-to-1 session is often the next natural step.

Are you ready to take your life in a meaningful direction, enjoy a sense of ease and calm, radiate confidence and abundance for the benefit of all ?

**LET'S GO ON A COACHING JOURNEY TOGETHER  
BECAUSE WE ARE BETTER TOGETHER !**

*Lighten the load and move forward with  
passion and purpose !*

**Alexandra Archer**

**Importance of Self  
Holistic Lifestyle Coaching and Therapy**

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