

INTRODUCTION

Welcome to the **Discovering Your True Personal Potential** Workbook.

Congratulations! You have just taken the first step to achieving your personal goals.

Together we can take you step by step closer to identifying your personal goals and then reaching them. How wonderful will it feel to actually be doing all those things you have only dreamed of doing one day! Well, it is only a few steps away ... along with a bit of commitment and hard work! This workbook sets out an eight week programme to assist you in the development of new life goals.

There is an 'Actions and Insights' page at the end of each section. These are there for you to record any learnings and insights you may have had while doing the exercises, and then to come up with some actions that may help reinforce your new learnings. Actions are 'doing' things that are both measureable and achievable.

GET OUT WHAT YOU PUT IN

Just like anything in life, you only get out what you put in. This is not a magic book that will provide you with all your answers and the personal life you have always wanted. Instead, it is a tool that can assist you in creating a path that will strategically lead you to your desired destination. All the creativeness, initiatives, ideas and habits are created by you. This workbook will lead you to discovering them. It is not meant to replace the benefits of having a Personal Coach working beside you, but as an alternative tool that can be used independently. Here, you will need to rely on your own self management and the encouragement within the workbook. If you do require additional coaching assistance, please refer to any of the contact details listed at the back of the book.

ABOUT TRUE POTENTIAL DISCOVERIES LTD

True Potential Discoveries Ltd is a coaching service aimed at helping people succeed in life.

Nicki Hayward is the principal coach and owner of True Potential Discoveries Ltd. Nicki's background in Human Resources Management and professional coaching has assisted in the design and content of this workbook.

The ideas, opinions and resources for this book have been created by True Potential Discoveries Ltd. For further information and assistance, please refer to contact information at the back of this workbook.

LET'S GET STARTED!

Without any further ado, let's get started on this journey to discovering your **True Potential**.

GOOD LUCK AND BEST WISHES FOR YOUR JOURNEY

Nicki Hayward

WEEK ONE: IDENTIFYING YOUR KEY AREAS FOR SETTING GOALS

Let's get started by discovering the particular areas you would consider as key areas for setting goals. To do this, first complete the following list, 'The Main areas of Life,' to discover the order of importance that these areas of life are to you at the moment.

MAIN AREAS OF LIFE

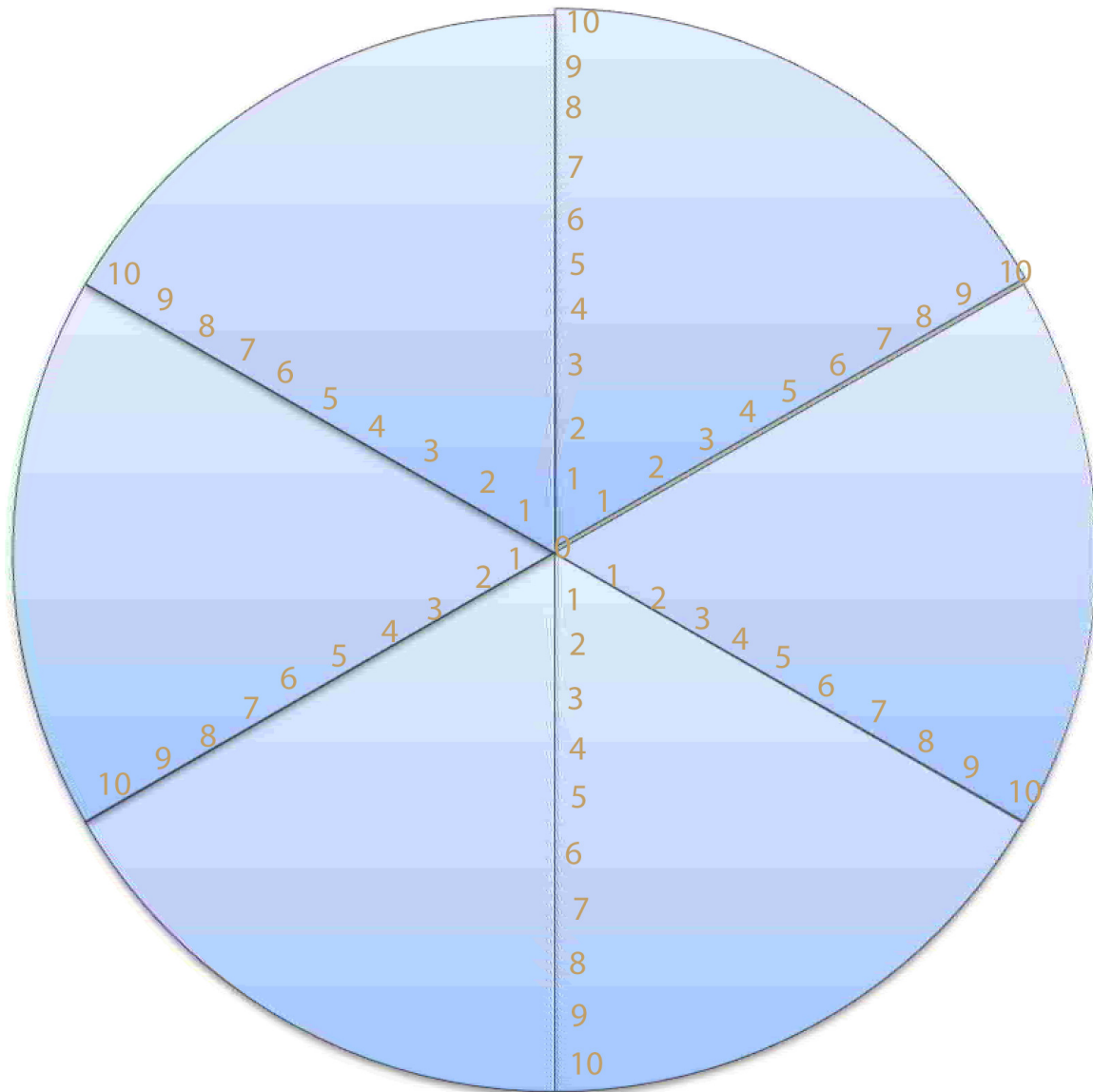
Rank in order of importance to you right now (1 = highest importance, 11 = Least importance)

	<input type="text" value="• Family"/>
	<input type="text" value="• Work/Career"/>
	<input type="text" value="• Finances"/>
	<input type="text" value="• Home Environment"/>
	<input type="text" value="• Personal Growth (self esteem, confidence etc)"/>
	<input type="text" value="• Health"/>
	<input type="text" value="• Fitness"/>
	<input type="text" value="• Spirituality"/>
	<input type="text" value="• Social Life"/>
	<input type="text" value="• Relationships"/>
	<input type="text" value="• Community Involvement"/>

THE COACHING WHEEL

Choose the top 6 areas of importance from your list on page 2. Put an area in each of the 6 pie segments on this chart and circle your level of **satisfaction** of each of these areas on the segment ranking scale (1 = least satisfied, 10 = most satisfied).

Connect the numbers of each segment with a line to show the level of satisfaction in each segment.



Great! Now you have ranked your 6 main areas of your life and the level of satisfaction you have with each of them, you are now ready to start working on setting goals to achieve greater satisfaction in any of these areas. How great will it feel to have improved your level of satisfaction by another 1 point? Or another 3 points? Imagine scoring a '10' in all areas of your life!!

If you feel the desire to increase your level of satisfaction in these areas of your life, why don't you try the **'Discovering Your True Personal Potential Workbook'** or for one-on-one Coaching, contact me through www.truepotentialdiscoveries.co.nz.

Remember: Success doesn't come to you, you go to it!