



Thrivecraft Coaching

LIFE BUSINESS METAPHYSICS

Life Appraisal and Life Map

Life Appraisal

Spend some quiet time contemplating the following areas of your life in relation to the five questions below. Write down your responses as fully as you like. Write for yourself, uninhibitedly, then decide how much you would like to share with your coach. Send a copy of what you are happy to share in advance of your coaching session along with your life map.

1. **Health, diet and fitness**
2. **Home, environment, location**
3. **Family, relations, children**
4. **Friends and social life**
5. **Love, sex and relationships**
6. **Work, career or creative endeavour**
7. **Finances, wealth, money**
8. **Leisure, fun and relaxation**
9. **Social contribution, voluntary work, special concerns and interests**
10. **Spiritual or religious interests, personal development**
11. **Any other area of lack or dissatisfaction**
 - a. Who or what is important to you when you consider this area of your life?
 - b. In what ways are your needs met or not met in this area?
 - c. How much time per week do you spend on this area of your life?
 - d. How would you rate this area of your life on a scale of 1 to 10 (10 ideal)?
 - e. Do you have future aims in this area? If so, what are they?

Life Map

Sketch out a map of your life with dates and significant events, moves, relationships etc. This can just be a list with dates along the side, or if you are moved to write a fuller life story, that would be.

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