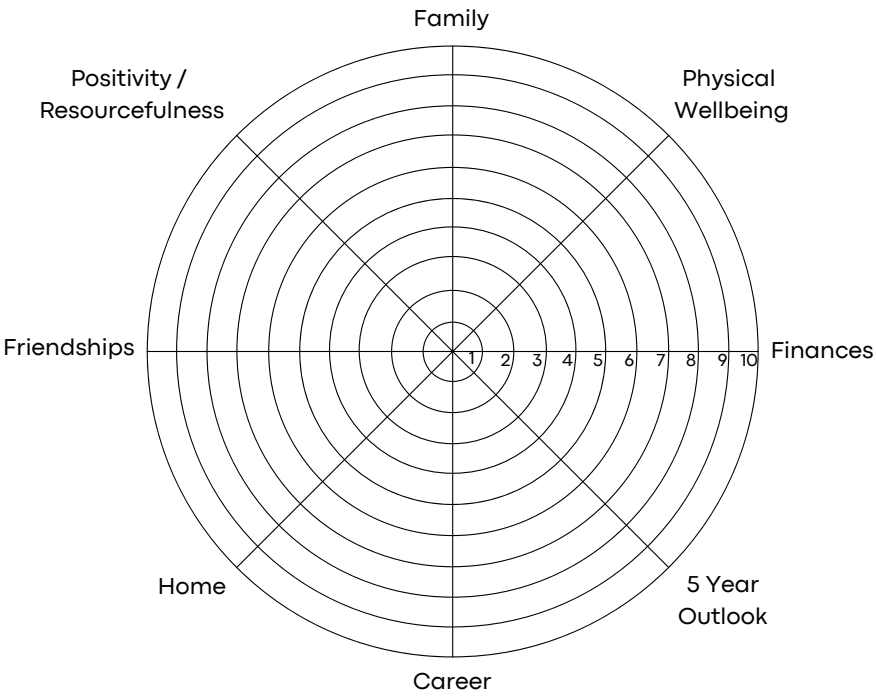
Sober In Seven Life Balance Disc

The Life Balance Disc is a vital part of the healing process. It allows you, very objectively, to assess the different aspects of your life. This is a powerful coaching methodology, used by coaches charging £100's per hour to help you take stock, and then take action.



Please watch the instruction video, and I will go through this WITH you. I would encourage you to repeat the exercise regularly (every 3 months or so) to understand how things are changing, and take stock of your current situation.

Let me offer a little reassurance. These are YOUR figures. No-one is going to check up on you, judge you or mark you. Think carefully about sharing them (especially in the early days) and with whom. Also, the object of the exercise is not to get to 10 as quickly as you can - it is simply to:

- Give gratitude for the things that mean it is not zero (this sends a powerful message to the universe to say, "Thank You for this, please give me more."
- When things are not 10, understand where the gaps are, and build a plan around that.

Given that Life is a dynamic environment, scores will go up and down - almost daily - so use it as a working tool.

Giving gratitude for what you have is one of the most powerful things you can do for your emotional well-being. All successful people do this - consciously or unconsciously.

Enjoy, Andy

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NOTES

Things I am Grateful For:

Family	Physical	Finances	5 Year Outlook
1._____	1._____	1._____	1._____
2._____	2._____	2._____	2._____
3._____	3._____	3._____	3._____
4._____	4._____	4._____	4._____
5._____	5._____	5._____	5._____

Career	Home	Friendships	Positivity
1._____	1._____	1._____	1._____
2._____	2._____	2._____	2._____
3._____	3._____	3._____	3._____
4._____	4._____	4._____	4._____
5._____	5._____	5._____	5._____

Surprises / Revelations

Actions Arising: