

INTRO EXERCISE

# Circle of Fulfillment



*An exercise to help you examine your life, identify areas for expansion/exploration, and prepare for receiving.*

Live Joy Coaching | 2022

*A safe place where you can explore your authentic self.*

# Circle of Fulfillment

*Introductory Exercise with Live Joy Coaching*

## Welcome

Welcome to the Circle of Fulfillment, an exercise designed to help you wade into coaching by having you examine different aspects of your life.

Coaching is a self-guided experience. That is to say that you get to choose what direction you want it to take. The Circle of Fulfillment exercise was developed to help you visualize your life in its entirety, identify areas in which you may like to explore or expand, and ultimately help you prepare for receiving.

When working with the Circle of Fulfillment, remember to be kind to yourself. This is not an exercise in identifying failures or for self-judgement. The Circle of Fulfillment is simply a tool to help you take a step back and gauge where you are.

So go ahead and take this important first step in your coaching program to help you prepare for the growth to come.

With love and gratitude,

*Crystal*

Your Live Joy Coach

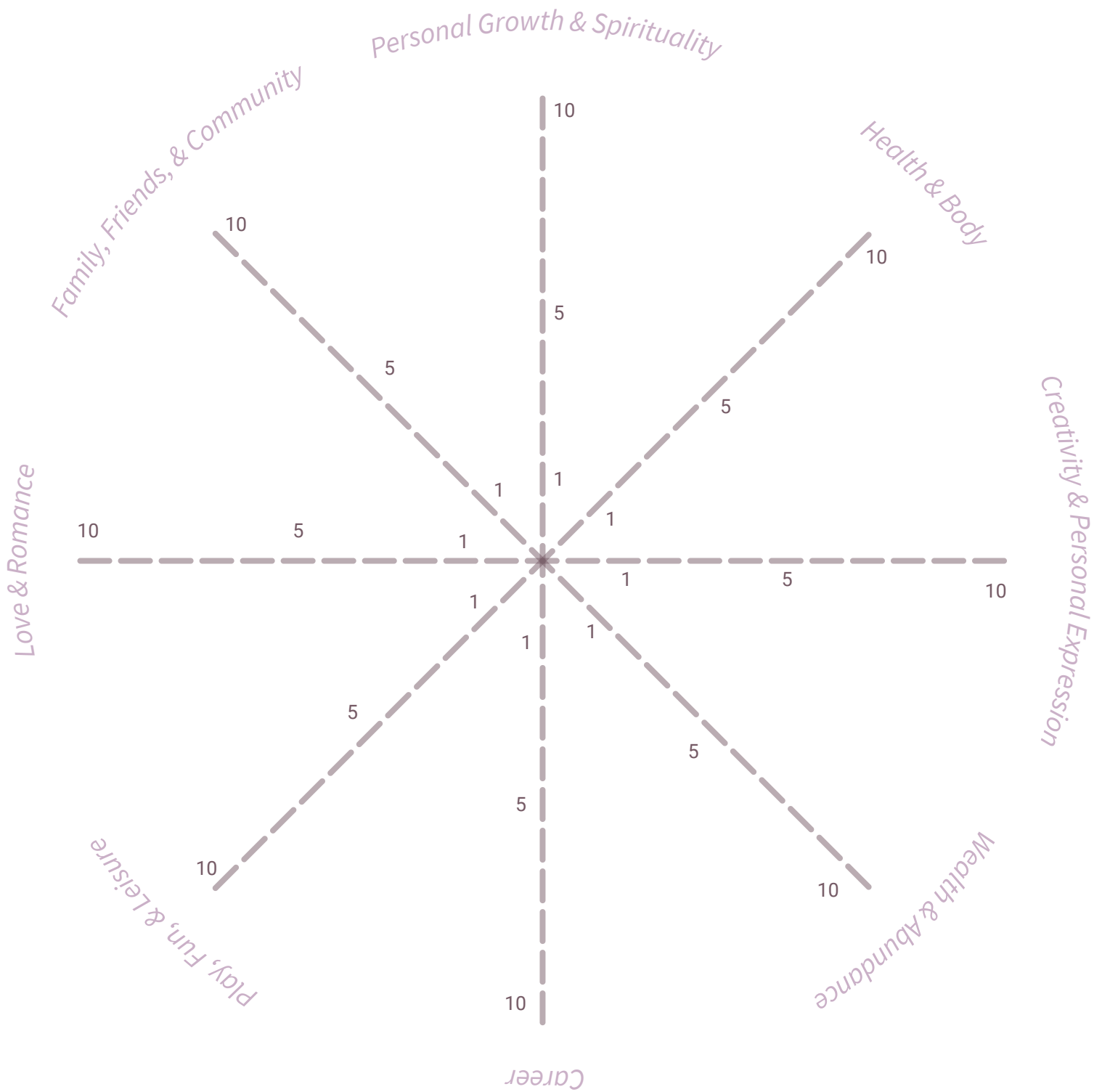
## Circle of Fulfillment Directions

To complete the Circle of Fulfillment on the next page:

1. Note the eight areas listed around the 'spokes' of the wheel and select a starting point.
2. Consider that area of your life at present and, on a scale of 1 to 10, rate your level of fulfillment (1 being totally unfulfilled, 10 being entirely fulfilled).
3. Mark your level of fulfillment on the 'spoke' corresponding to that area.
4. Moving around the circle, rate each of the eight areas of your life based on how you are feeling today, recording your answer on the spokes.
5. Once you have marked your level of fulfillment on all eight spokes, connect the marks to form a 'circle'. Note that it is completely normal if your shape does not resemble a circle!
6. Move on to the Circle of Fulfillment Play Sheet and answer the questions there.

## Tips for Success

- Find a quiet, comfortable space where you are able to reflect.
- Do not agonize over what to rate your level of fulfillment. Go with your gut. How do you feel in this moment, today?
- Remember that there are no right or wrong answers in this exercise.



## Play Sheet Directions

On the Circle of Fulfillment Play Sheet\*, answer the questions with as much detail as possible. Use additional paper as necessary.

*\*You can choose a blank or lined play sheet, depending on how you prefer to express yourself.*

## Tips for Success

- Relax. Take your time and let yourself visualize your 10/10. Try to write as if you are experiencing this level of fulfillment. What does it look like? What does it feel like?
- Do not worry about spelling, grammar, or formatting. You can write key words, ideas/phrases, paragraphs, or bullet points. If it feels right, you can include photos/images or drawings/sketches.
- Most importantly : let yourself dream big. Release worry or judgement and let yourself imagine freely. You do not need to know how to achieve this in your life. Focus on the fun of imagining these feelings and level of fulfillment.

## Circle of Fulfillment: *Play Sheet*

What would it be, look or feel like if you were at a 10 in family, friends and community?

What would it be, look or feel like if you were at a 10 in love and romance?

What would it be, look or feel like if you were at a 10 in health and body?

What would it be, look or feel like if you were at a 10 in wealth and abundance?

What would it be, look or feel like if you were at a 10 in your career?

What would it be, look or feel like if you were at a 10 in personal growth and spirituality?

What would it be, look or feel like if you were at a 10 creativity and personal expression?

What would it be, look or feel like if you had a 10 in play, fun and leisure?

## Congratulations

Congratulations, you have completed your first Circle of Fulfillment exercise!

I hope that this has helped you to examine your life, identify areas for exploration, and prepare you for receiving. Depending on what your coaching program is, we will be using the Circle of Fulfillment to guide our sessions in different ways.

Remember, you can revisit this exercise multiple times. It is a valuable tool for evaluating balance in your life and it is interesting to look back at previously completed versions to see how your feelings/level of fulfillment shift over time.

Congratulations again!

With love and gratitude,



*Crystal Trevors*  
Live Joy Coaching