

# PERSONAL COACHING PROGRAM

YOUR PATH TO LASTING TRANSFORMATION

YOUR WHEEL OF LIFE



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The information contained within the Personal Coaching Program Client Manuals is not a substitute for professional advice from a suitably qualified medical professional such as a Medical Doctor, Psychiatrist, or Psychologist. The information covered in this manual and expressed during sessions is intended to be general information with respect to common life issues. How you choose to use or not use this information is up to you and you agree that you are 100% responsible for the outcomes of your choices. We do not support courses of action that may be harmful to yours or others physical or mental wellbeing. In no event shall your Coach or the Centre for Life Therapies be liable for any incident or consequential damages resulting from use of the material. We wish you every success with your Coaching program and taking the actions necessary to make the changes you want in your life.

## WELCOME



It's great to have you here – congratulations on your decision to take the next step in your Personal Development – to take you from where you are now, to where you want to be!

Together, we're going to take a fascinating journey into your inner world and discover the keys to becoming all that you can be, in ALL areas of your life. I know that your decision to purchase this program was made because you're seeking to move your life to the next level. Whether you want better quality relationships or health, more success at work or in your business, or you are looking for change in your physical environment or sense of enjoyment, it all begins here. Using the Personal Coaching Program, you can absolutely experience growth and improvement in all areas of your life - health, wealth, relationships, happiness or love.

The profession of Coaching is built on a central belief - that the quality of our lives is not built upon the events in our lives, but rather, on the meaning we give to those events. I firmly believe that once you know yourself and your goals clearly, you have no alternative but to start moving towards them. It's like a force of nature and is all powered by one simple thing - the choices that you make.

Once you know what drives those choices and can make them with more awareness and volition, you will start seeing quantum leaps in what you can achieve. It's all possible because of the power, strength, knowledge and wisdom you have within you – once you have the keys to these drivers, life will never be the same.

This is about taking the time for yourself to ask the questions and find the answers you never knew existed, but secretly longed for. Each of us lives life at the level we have been taught to experience. For some of us, this means that life is a daily experience of inspiration, joy and excitement. For others, it means a life of pain and bitter disappointment. Wherever you are right now, you can choose to experience another level by making different choices. Your Personal Coaching Program will show you how. This program is about giving you the insights, asking you the questions and allowing you to come up with your answers to take you from where you are now to where you want to be.

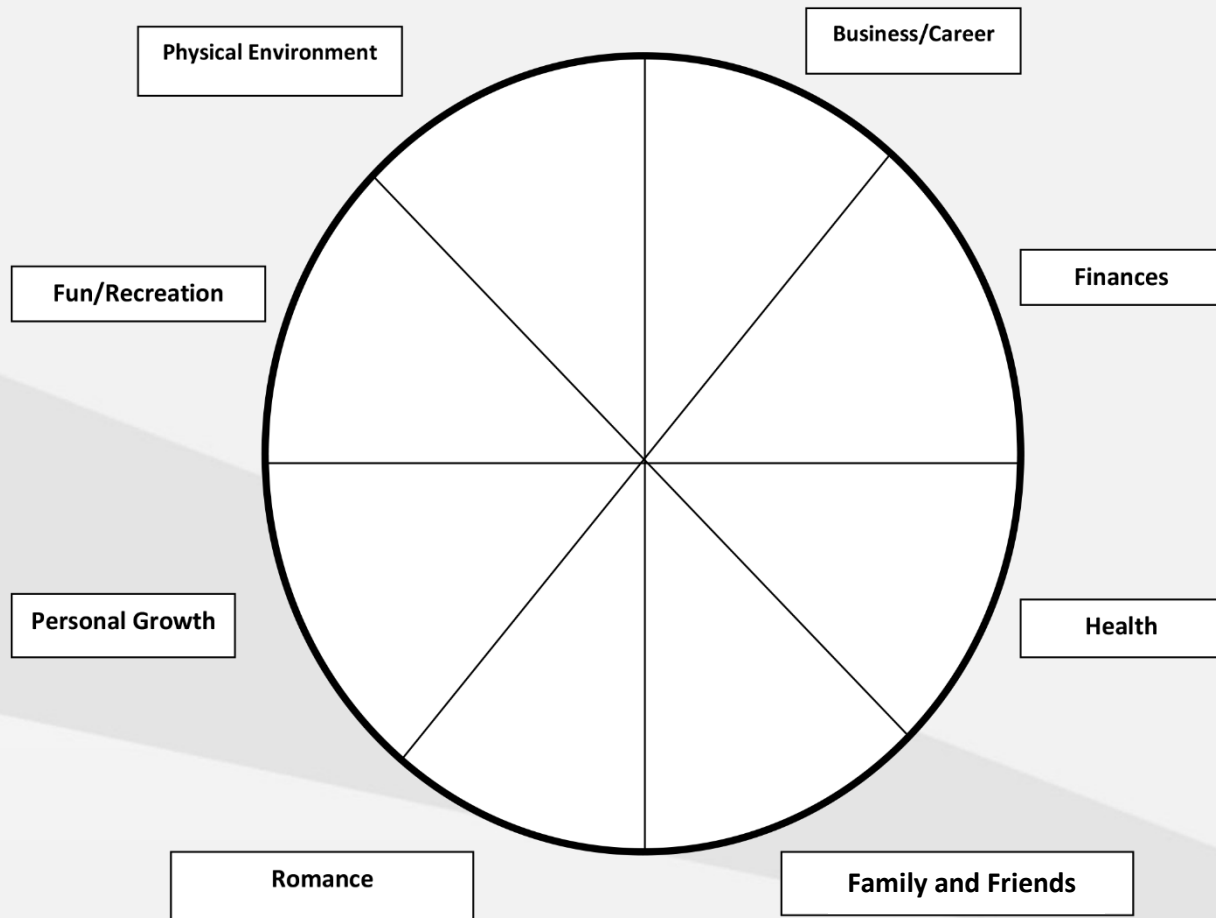
I'm genuinely excited to be facilitating this program for you and ask of you only one thing. Please, commit to yourself that you will give it 100%. Commit today to take this journey together with total passion and intensity. This is your chance to shine and give it everything you've got. Let's enjoy it; be outrageous, energetic and committed. The results you can achieve if you play at this level will far surpass anything you can possibly imagine.

Wishing you every success!

*Sonya Furlong*

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## YOUR WHEEL OF LIFE



This is a coaching tool called the Wheel of Life. It gives us a way of seeing the bigger picture, of stepping back to take stock, and examine each of the different areas of our lives so we can see where we might want to make some improvements. As you can see, each of these segments relates to a different area of your life. These are the eight broad areas that make up your experience of life and your enjoyment and happiness in life. We see here the 8 different categories - Business and Career, Finances, Health, Family and Friends, Romance, Personal Growth, Fun & Recreation and Physical Environment. Now on the wheel, the outside edge represents that you are 100% satisfied with that area of your life, 10 out of 10, and there's nothing that could possibly improve. The centre of the wheel means you have 0% satisfaction with that area and that nothing is as you want it to be. You can rate each area any number between 0 and 10.



## BUSINESS & CAREER

Let's start with Business and/or Career. Think about all the aspects of your business and/or Career:

IF YOU WORK FOR SOMEONE ELSE / A COMPANY:

- Your daily tasks and how much you like them,
- Your colleagues,
- Your working environment,
- Your career prospects,
- Your work-life balance,
- Your training and up-skilling,
- Your boss...

IF YOU WORK IN YOUR OWN BUSINESS:

- If you're working in your own business, how are things going?
- Your customers or clients,
- Your business plan,
- Your execution of that plan,
- Your business model,
- Your growth plans for your business
- Your work-life balance
- The lifestyle you are experiencing because of your business

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Business/Career". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## FINANCES

Now let's look at the second area - Finances, or this could be called Wealth or Financial Comfort. Think about:

- Income level
- Do you want a passive income...and do you have one?
- Outgoings or expenses
- Savings
- Long-term financial stability
- Investments
- Are you living paycheck to paycheck?
- Do you have specific long term financial plans?
- Are you working toward your next holiday or next big thing?
- Or do you have several accounts set up and filling to achieve all of your dreams?

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Finances". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## HEALTH

The third area is Health which encompasses:

- Exercise – or lack of exercise
- Fueling your body with quality foods
- Staying well hydrated with the right kinds of liquids
- Relaxation time
- Sleep
- How you feel in terms of your daily vitality
- How often you get sick with colds, flu and so on
- Are you dealing with any long-term or chronic illnesses?

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Health". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.



## FAMILY & FRIENDS

Before you get started on Family and Friends, this is about your RELATIONSHIPS with your family and friends - not what you think of them! (Remember, it's YOU we're scoring here, not them!) . So this is all about the quality of your relationships with family and friends - your support network, your circle of influence. It includes:

- Frequency of interaction with those people – is it not enough, just right, too much?
- Quality of relationships with those people – have the conversations that need to be had, been had? Are there tensions, things left unsaid or niggling problems that have been left to fester?
- Supportiveness of those relationships – are they supporting you in your ultimate goals and dreams, emotionally, physically, spiritually? Or are you in need of more support and nurturing?
- Growth and progress of those relationships – are you growing and learning together or is there a mismatch in your goals and thoughts, leading to stagnation?
- Long-term future of those relationships – can you see a positive future or are things on the downhill slide now?

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Family & Friends". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## ROMANCE

Romance is not just about your intimate relationships, so if you're single, you don't have to skip this one!

- The ability to create indulgent moments with your partner or for yourself with whatever feels good for you – long baths, massages, aromatherapy, treating yourself and your partner with love.
- Feelings of love and appreciation – Feeling loved and appreciated by your partner or deep satisfaction and love for who you are right now – whether they come from your intimate partner or yourself.
- Love and romance with your loved one – quality time, quality conversations, getting the emotional and physical connection that you need, meeting your love language fully.

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Romance". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## PERSONAL GROWTH

Next is Personal Growth! Have you been growing, learning and evolving yourself or are you feeling stuck in a rut? Think about the following areas:

- Spiritual growth and learning
- Emotional growth and learning
- Intellectual growth and learning
- Dealing with your STUFF
- Getting past old blockages and getting rid of behaviours that no longer serve you
- Finding more happiness, love, connection or whatever it is that brings YOU your sense of, "this is who I really am".

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Personal Growth". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## FUN AND RECREATION

Now we're up to a favourite of many people – Fun and Recreation! This is made up of a variety of components:

- Time – how much time do you spend on fun and recreation? Is there a good balance or not enough?
- Quality – are you doing quality things that are really satisfying for you? Are they what you would call high quality activities?
- Frequency – how often do you make time for fun and recreation?
- Enjoyment – are you actually enjoying your free time or are you doing activities that aren't all that enjoyable for you?
- Adventure or connection – are you getting a good dose of these if you want them?
- Using fun & recreation to help you grow personally too
- Is it contributing to all your other goals? Is it ecological? (e.g. are you eating out instead of doing team sports and then wondering why your health score is low?)

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Fun / Recreation". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

## PHYSICAL ENVIRONMENT

And finally, this is to do with your physical environment at work and at home, or wherever you spend your time, so it's a combination of those several different areas. You might have a fantastic working environment and be crammed into a tiny, overcrowded apartment – so that would put your overall score somewhere in the middle because you might have high satisfaction with one, low satisfaction with the other. So think about these factors:

- Comfort – are you meeting the basic need for comfort?
- Ergonomics – are you moving, sitting and resting in ways that are good for your posture and your body?
- Free space – do you have enough?
- Being surrounded by your perfect environment – whether it is beautiful and sophisticated, natural environment, urban culture, etc....
- Fresh air – do you have enough?
- Natural light – do you have access to it as often as possible?
- Temperature – are you comfortable with the temperatures you live and work in?

Take it all into account and give yourself a score out of ten by drawing a line across the segment of the Wheel of Life labeled, "Physical Environment". Remember, the centre of the Wheel represents a score of 0/10 satisfaction, and the outside edge of the Wheel represents 10/10 satisfaction.

So how does your Wheel look? Is it balanced and running smoothly – or would the ride be a bit bumpy if it was fitted on your car?

As you can imagine, it's natural to have some areas of your life that you are more satisfied with than others! But a smooth ride comes from having a more well-rounded approach to your life, making sure that all the pieces are tuned up and operating as best they can for you. To be a whole person you must have wholeness in your life, whatever that means for you. And we can't ignore the fact that everything in your life affects every other thing in your life. So in order to have a satisfying whole life, you must have satisfaction in all the different areas of your life, because one will affect all the others.

So let's look at your LOWEST SCORED ITEM, or a low-scoring item that is most important for you. Which one would you like to focus on? You must choose no more than one to two areas to focus on. This allows you to have the greatest success in making change, and you can always work on other areas later, as needed.

So, just focusing on the first area that you want to work on, answer these questions:

1. How do you currently spend your time in this area?

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2. How would you like to spend time in this area?

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3. How could you make space for the changes that you want to see?

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4. Can you make the changes on your own?

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5. Who else do you need on your team?

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6. What actions or decisions could you take that would make it a 10 out of 10 for you?

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7. What would a 10 look like, feel like?

[illegible]

8. What are three small things that you can commit to doing in the next week, that will help you start moving towards the outcomes that you want in this area of your life?

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“CHANGE YOURSELF AND FORTUNE WILL  
CHANGE WITH YOU.”

- PORTUGUESE PROVERB

## SUPPLEMENTARY QUESTIONS – SECOND AREA FOR IMPROVEMENT

*Complete these questions for the second area of your life.*

1. What do you want to discuss?

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2. How is that a problem for you right now?

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3. If things stay as they are, what can you see will happen?

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4. How would you like it to be instead?

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5. If things were exactly as you wanted them to be in this area of your life, what would you be seeing, hearing, feeling, telling yourself? What would life be like? What benefits would result?

6. What are the resources you need to make the change required?

[illegible]

7. What are three small things you can commit to doing in the next week, that will help you start moving towards the outcomes that you want in this area of your life?

[illegible]

## WHO AM I?

My name is Sonya Furlong and I'm a Life Coach and Therapist, Meditation Teacher, Kirtan Singer and a Certified Trainer of NLP & Matrix Therapies. I specialise in healing emotional pain in my clients, and helping them to move forward confidently, allowing them to see the unlimited possibilities open to them, and supporting them as they choose the right way forward.

I have a history of anxiety and depression. I used to play small, doubt myself, give my power to others, accept second best, and accept being treated as less than the shining soul I am.

Finally I stopped all of that. I stopped procrastinating and I invested in myself. I invested in mentors and coaches to help me uncover my confidence blocks that were holding me back. I cleared them, I healed the past.

I am now the founder of the Centre for Life Therapies and I've dedicated my life to helping others heal the weight of their emotional baggage so they feel free to create the life they want.



### Testimonial

*"Sonya is loving and kind, and passionate about supporting people in creating the best life for them. Sonya uses language I understand, builds instant connection, and I trusted her within minutes of our first meeting. I focussed on changing my self talk, being kind to self, putting self first, saying yes, celebrating my achievements, believing a thought is only that and I have the power to change it. I learnt how to be strong and confident and ask for what I want in life... I have lost weight, I love myself more, I speak up for what I believe in and am more myself without inner judgment. I have matured. I care more about me, and I wanted more!!!! Recently I received a promotion at work, a dream job!!!! I did the work and was rewarded. Without Sonya this would not have been possible". ~ Carly*



## CONTACT DETAILS

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