



**THREE PIECE LIFE**  
eCOACHING *with* TIM JOHNS

# My life

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In this worksheet, you will take some time to reflect on the questions that refer to your life in its totality – work, interests, family, everything.



Read through the exercise. Then maybe go for a walk to think about them. What do you really think? How do you really feel? Perhaps you could make a long list first before thinking more deeply. Because these are meant to be your life anchors. Strip away all that you've become and check in with yourself.

## THE THREE THINGS

Three things that make me feel **GOOD**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three things that make me feel **PROUD**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three things that make me feel **WHOLE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three things that make me feel **SATISFIED & FULFILLED**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MY LIFE AMBITIONS

Work \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Family \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Travel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Finances \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Education \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Health & Fitness \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Community \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Possessions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MY VALUES

Check out some sites on the internet that have lists of values (personal brand and/or brand values). Choose a list that you feel comfortable with. Highlight all the values that you feel best describe you. Then look for overlapping patterns. And, finally, try and narrow the list down to five or six that you feel really do describe you.

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## MY LIFE DREAMS

There's nothing wrong with having dreams. And we only get one go at this life, so list some of the things, large or small, that you'd really like to be able to do.

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