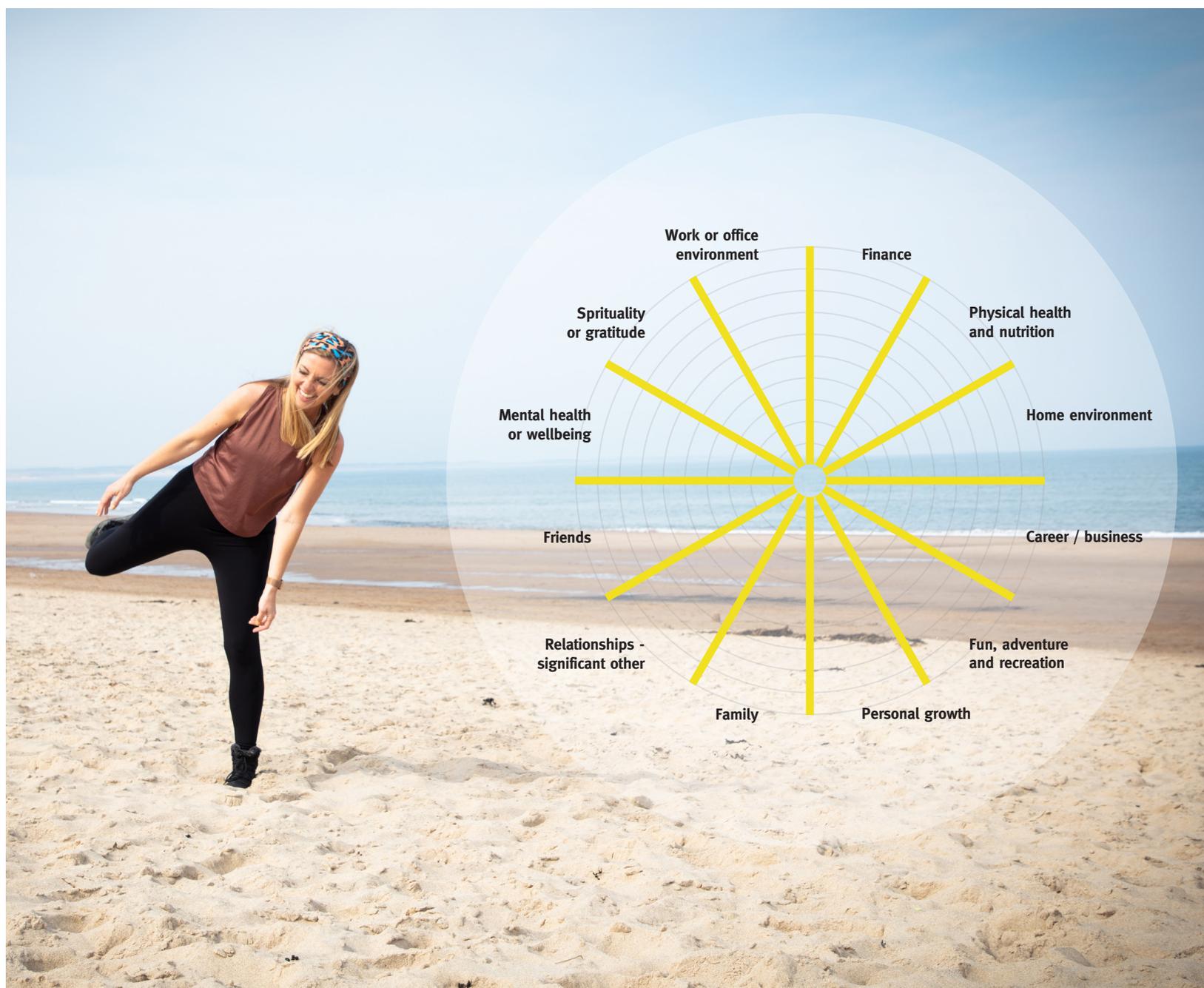




SUNSHINE STATE OF MIND

Finding clarity and focus for brighter days ahead with our luxe life coach, Teresa Peters...



Say hello to your best you.

This summer mirrors the start of a new year for me. How about you? The days are getting longer, the sun is shining brightly and life as we've known it for the past year or so, is steering in a new direction. There's no right or wrong way to feel as we embrace new beginnings. Some of us are excited whilst others are stuck in a rut. Perhaps you can't wait to return to the office to be with colleagues, or you feel quite the opposite and you're pining for a simplified life.

No matter the situation or context, I'd like to share with you one of the simplest coaching tools, 'the wheel of life'. It helps you consider each area of your life, and in turn, assess what might be off balance.

I was first introduced to the wheel of life in 2015. It changed the way I viewed my life in a matter of seconds. I use it regularly with clients both individually or in groups, I

complete one for myself whenever I feel overwhelmed or a bit stuck and my kids loved using it during lockdown.

Finding balance in your life >>

When life is busy it's all too easy to find yourself off balance, not paying enough attention to important areas of your life. The wheel of life considers the whole person. We begin by ranking your satisfaction in each area of your life. It's a brilliant tool for measuring success and steps towards your goals.

I have suggested eight segments on this wheel for you, but you can rename them if you choose to. Notice how the categories and language used will have different meanings for each of us.

Home and environment could mean your office, personal growth could carry a spiritual context, health could relate to what you do to take care of yourself. Some people break this down further into mental health, exercise and nutrition. You may

prefer to change the word career to 'business' if you are self-employed or 'home working' if you're a full-time mum or carer. I invite you to sit in the garden with a cuppa, grab some colouring pencils and take a helicopter view of your whole life to help you find balance.

Rank your satisfaction with each of these areas of life from 1 to 10. This is about YOU - how it aligns with your values, interests and needs. Consider how you honestly feel about your career or business, then give it a score out of 10 - 1 being not satisfied at all and 10 being brilliant.

Remember, there is no right or wrong way to label each of these categories. How we see the categories or feel about each area of our lives differs from person to person. Some people will have an up and down ride and feel comfortable with that, whilst others prefer, and need, a more balanced wheel. Some people are happy with never achieving a 10 out of 10, whereas others picture a 10 out of 10 as the only way to

move forward.

New beginnings >>

What does your wheel look like?

What do you notice?

What goals will you set to take you from a 4 out of 10 to a 5 out of 10? Remember not to overwhelm yourself with what a 10 out of 10 outcome looks like.

It's the small goals and baby-step habits that we make to get there.

Let's celebrate new beginnings as the days become brighter. Let's embrace the summer and let's enjoy a less bumpy ride as we set ourselves little, achievable goals and say hello to your best you.

Luxe tip: Find a coach or brainstorm with your friend/partner to find a way to improve your score over the next four weeks.

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