

# New Panoramas Coaching



## Area of Life Ratings

Give your current rating of these areas of your life on a 1 to 10 scale in one colour.

Now rate where you would like them to be in 6 months' time in a different colour.

Where are the gaps?

- .
- .
- .
- .

What action steps have you identified that you want to take?

- .
- .
- .
- .

AREA OF LIFE	LEVEL										
	0	1	2	3	4	5	6	7	8	9	10
Self-development											
Career											
Family											
Partner											
Relationships											
Community and Social											
Health Physical											
Health Mental											
Finances											
Experiences											
Time											
Spiritual											
Other											
Other											
Other											