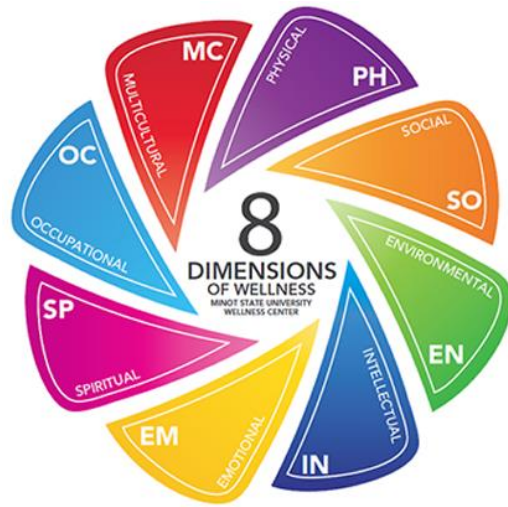


Exercise





1. Familiarise *yourself* with the variety of dimensions and add any of your own.

Possible Dimensions (an incomplete list)

- Meaning / Purpose
- Intimacy
- Communication
- Play
- Work
- Thinking / Intellectual
- Feeling / Emotions
- Eating / Nutrition
- Humour
- Sensing
- Breathing
- Self Responsibility
- Love
- Transcending
- Spirituality
- Financial
- Sexuality
- Self Awareness
- Physical
- Social
- Relationships
- Multicultural
- Occupational
- Environmental
- Faith
- ???????????

Foundational dimensions

- Meaning / Purpose
- Intimacy
- Communication
- Play
- Work
- Thinking / Intellectual
- Feeling / Emotions
- Eating / Nutrition
- Humour
- Sensing
- Breathing
- Self Responsibility
- Love
- Transcending
- Spirituality
- Financial
- Sexuality
- Self Awareness
- Physical
- Social
- Relationships
- Multicultural
- Occupational
- Environmental
- Faith
- Community
- Leadership (self & others)

2. Think about **your** dimensions and make a list of the ones you want have. Using your own wording if you wish.

3. Use a coaching wheel or other format that you are ok to work with

(recovery wheel format with minus scale is useful)

Note: Try to keep dimensions to max 10. See if dimensions can merge together if too many)

4. How are these dimensions different from those you worked on in a recovery context? (if you did)

5. Make the following notes besides your final dimension choices. For each dimension answer the following:

1. Is it a familiar dimension or a new one?
2. What is your predominant feeling (emotion) when you consider it?
3. On a scale of 1 to 10 (1 being low and 10 being high) how resonant do you feel about the dimension?
4. If you had to chose only one dimension to work on for a month which one would it be?
5. What is it about the dimension you have chosen in the question above that made you chose it?

6. On a new piece of paper sort dimensions into current order of priority based on:

1. how important you think they are

And then:

2. How much positive emotions you feel about them

NB. You should end up with 2 lists that may or may not be the same