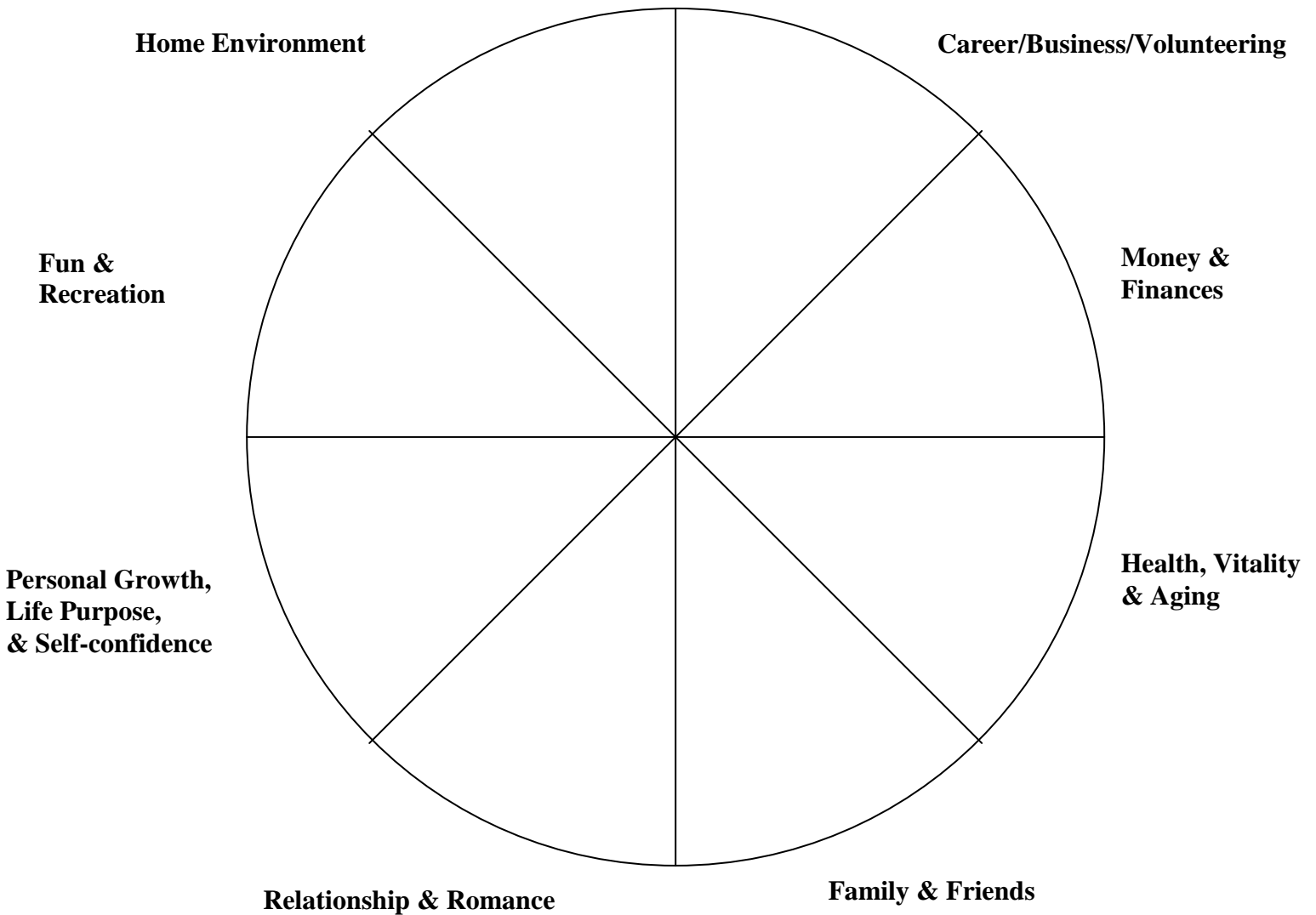




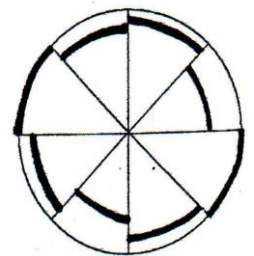
COLIN HILLSTROM

Transformation Coaching & Workshops

Your Life-Energy Wheel



It's All About Your Energy™. The eight sections of this wheel are featured in my book *Transformational Living*. **Step 1:** Rate each area on a scale of one-to-ten, where 1 to 3 = blocked or non-existent, 4 to 7 = stressed, and 8 to 10 = flowing. **Step 2:** List three issues that you are honest about, and three issues where you are not truthful. **Step 3:** Ask: How does this affect my life, my energy, my health, my work, my finances, my self-esteem, my self-confidence? **Step 4:** What am I willing to do about this, now? **Step 5:** Take the step(s), fearlessly, tenderly, respectfully.



example