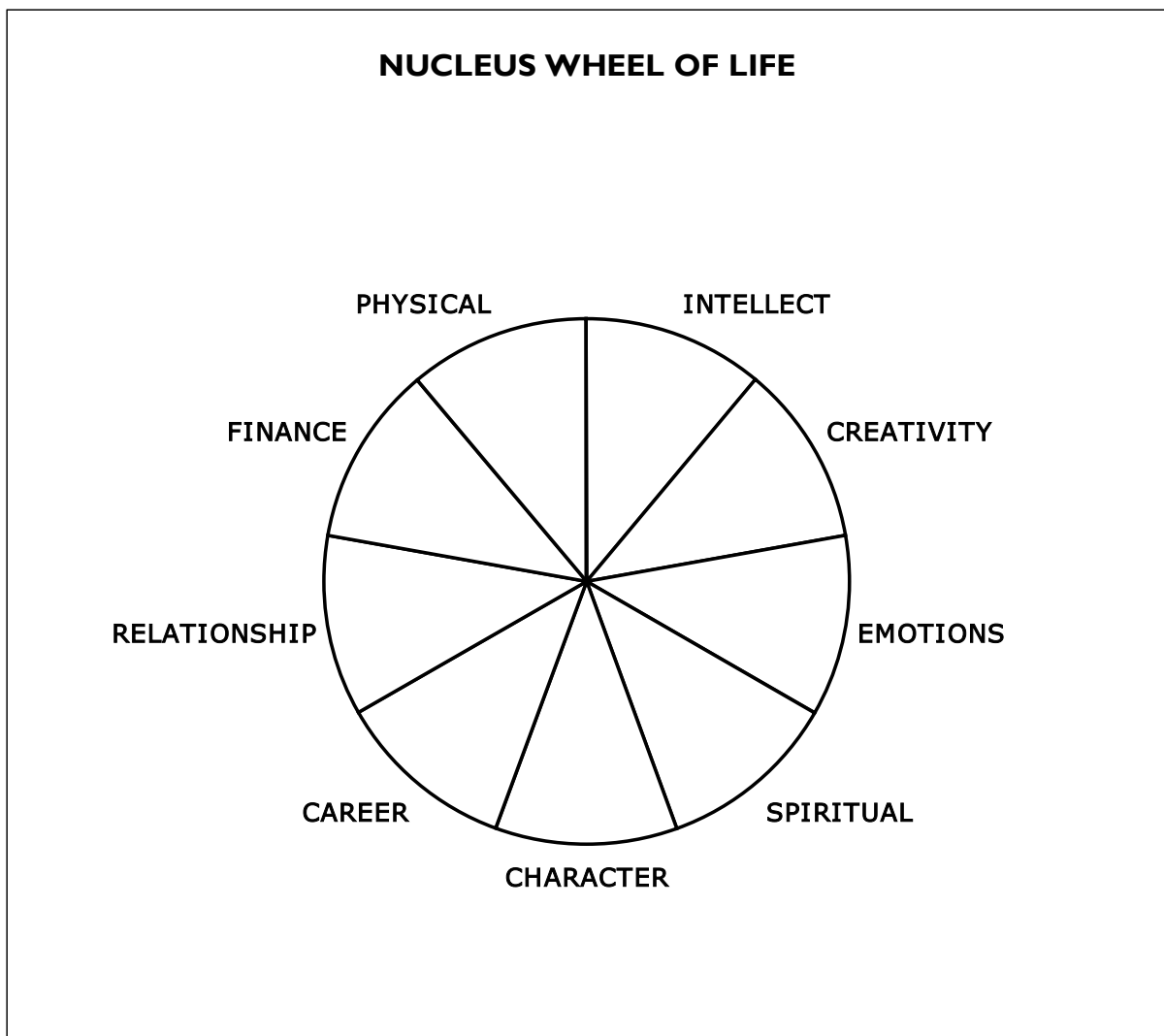


## CLARITY TOOL

This tool should enable you to find clarity in the areas where you need to focus in your personal and professional life. Print the document and use a pen or pencil to complete the tasks below.

### NUCLEUS WHEEL OF LIFE

1. Please rate each focus from 0 to 10: 1 is not satisfy at all; 10 being completely satisfied with your current situation and 0 not satisfied at all
2. Join the lines of the areas together



## NUCLEUS ROAD MAP

Recopy the scores of the Wheel of Life in column “Today”

Focus	Today	3 months	6 months	1 year	Priority
<b>INTELLECT</b> (Education, Learning...)					
<b>CREATIVITY</b> (Meaning, mental state)					
<b>EMOTIONS</b> (joy in your life, happiness, emotional state, bonding with others)					
<b>SPIRITUALITY</b> (connection to the sacred, the source)					
<b>CHARACTER</b> (integrity, trust, authenticity, fairness, charisma, leadership, etc.)					
<b>CAREER</b> (satisfaction, stimulation, growth in professional life)					
<b>RELATIONSHIP</b> (friends, colleagues, family, couple)					
<b>FINANCE</b> (mastering, earning ability, wealth)					
<b>PHYSICAL</b> (fitness, health, energy, being)					

*Remember that the time you spend here is a great investment in your self-understanding and your ability to make life decisions.*



## GOAL SETTING

Look at the Nucleus wheel of life and write down your top 3 'SMART goals (Specific, Measurable, Actionable, Realistic and Timed)

**Goal 1**

Goal Domain:

Completion date:

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What are the possible challenges, obstacles on my way (coming from me or others)?

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How will I overcome them?

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Which support, resources, skills do I need?

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How inspired are you by the goal? on a scale from 1 to 10:

How much do you believe you will get it? on a scale from 1 to 10:

How committed are you to complete it? on a scale from 1 to 10:



## **How will you know that you have achieved your goal?**

### **Goal 1**

What will I see/notice?

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What will I feel?

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What will I say to myself?

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## **Reasons to reach your goal**

**List 10 reasons why you must achieve your goal.**

Example: I will feel 20 times more confident!

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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**List 10 consequences of NOT achieving your goal.**

Example: I will never live the life of my dreams if I don't"

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

**3 action steps you can do NOW to achieve your goal!**

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***Visualise your Goal***

It's now

I am

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**Want to go further?**

Request a [free call](https://nucleusofchange.as.me/call15) with me to discuss your goals <https://nucleusofchange.as.me/call15>