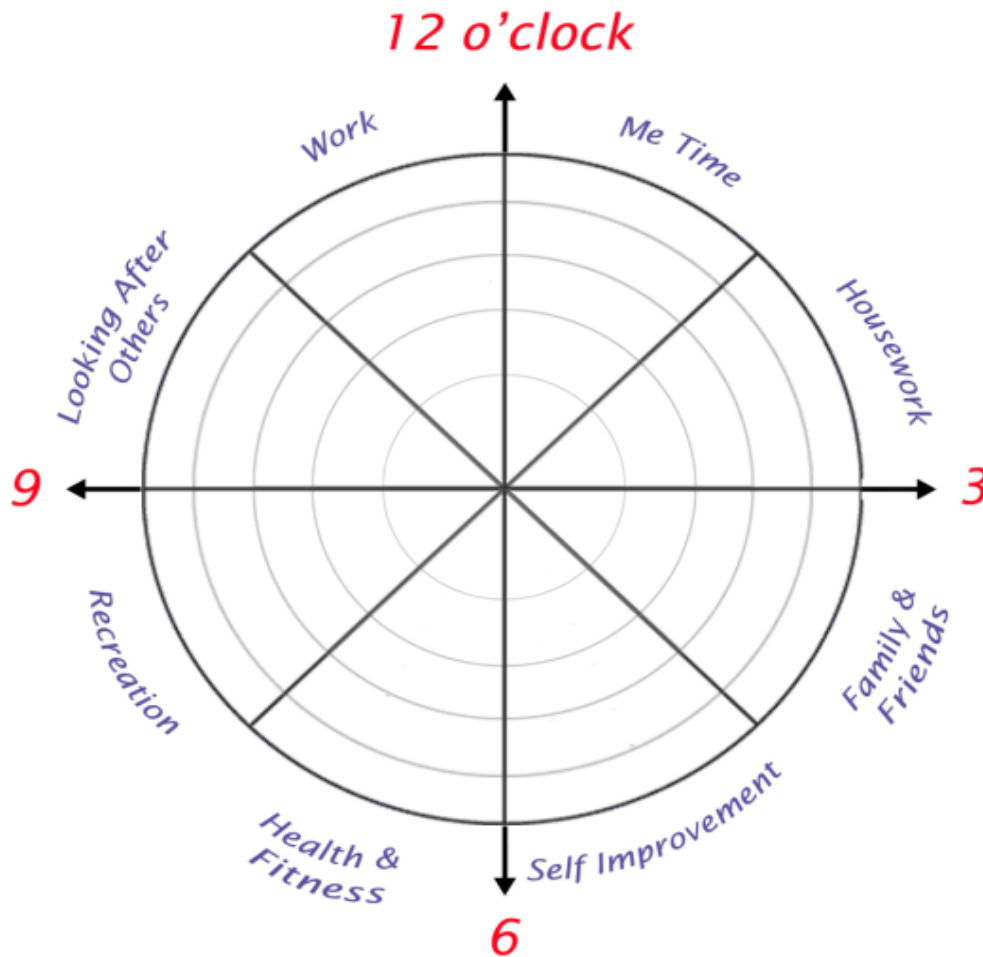




## *Make Time for Me Time*



### **Directions for Completion**

What do you do in your Typical Day? What areas do you spend most of your Time on in a Typical Day? How much Time is for you on a Typical Day? In order to find this out the above has been designed for you to identify how much time you spend doing what you enjoy the most.

- The Centre of each spoke will represent Zero
- The Outer Ring will represent 10
- Each section representing 2 totalling 10
- Score area of your Typical Day marking at the appropriate position on each spoke.
- Mark with 10 being the highest, where you are in each area of your life at the moment and 0 being the least
- Once complete Join each mark to create your Typical Day



## ***Make Time for Me Time***

Is it round?

Is it balanced?

If you have answered no to the above you may need a little guidance to help you along the way.

Why not try our Me Time One to One Personal Coaching Service.

- Life Coaching gives you the opportunity to weigh up all areas of your life and allows you the time to focus on any changes that you feel may be relevant.
- Life coaching allows you the freedom to speak in safety and confidence without fear of judgement or criticism, many clients find themselves talking about things that they have bottled up for years and the relief of letting go to holding onto unwanted thoughts and feelings is a huge release.
- Life Coaching can assist you in breaking negative belief patterns and set new and challenging aspirations for yourself.
- Whatever your goals and ambitions, life coaching motivates you to make the changes to get you from where you are to where you want to be.

**To book your FREE 45 minute sample session telephone Michelle Patterson on 0784 686 9204 or email her on [info@michellepatterson.co.uk](mailto:info@michellepatterson.co.uk)**