



The CLARITYscope® – Assessing Life Satisfaction

We use this illuminating and clarifying exercise in Personal Coaching sessions and Workshops. You consider important areas of your life and reflect on how contented you are with each area at the present time. This helps you decide where you want to make changes and what your priorities are. Try it for yourself!

Steps:

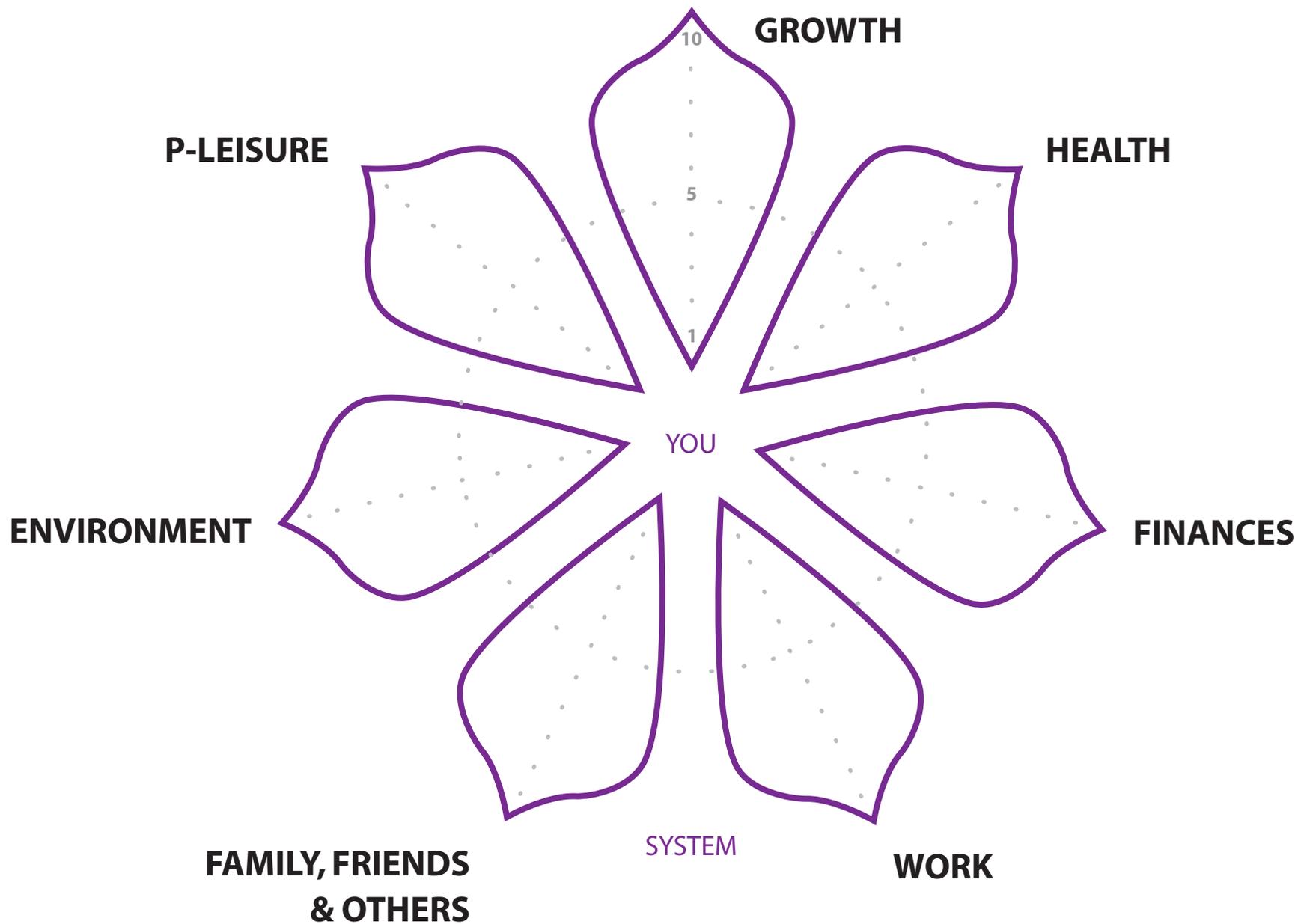
1. Look at the **CLARTYscope®** overleaf. Each segment is labeled to represent a different area of life:

	WORK	P-LEISURE	RELATIONSHIPS
FINANCES	HEALTH	ENVIRONMENT	PERSONAL GROWTH

2. Consider what each segment means to you. If any are irrelevant, or do not quite fit, change them accordingly. Insert a phrase below each label that defines it for you.
3. Rate your current level of contentment in each of the areas. Use a scale of 1 to 10, 1 (towards the centre) being the lowest, and 10 the highest level of contentment. Place marks on each relevant segment of the scope, and connect the marks with a line. Lightly shade in the areas inside of the line – towards the centre.
4. Step back a little and look at the shape of the symbol. Where the lines are closer to the centre and you have smaller segments this represents an area of life where you need to pay attention. What have you learnt?
5. Acknowledge and savour the areas of contentment (where the lines are closer to the outside of the symbol). This is important!
6. Explore the areas that fall short of what you would like - what broad goals do you have for each of these areas?
7. Where would you like to start? What can you do to achieve these goals?
8. Leave this to incubate for a while.

*We will discuss how you worked with the **CLARITYscope®** and the goals that emerged during our Discovery session. We have an insightful questionnaire with questions for each segment for deeper exploration. And plenty of ideas to stimulate your creativity for solutions!*

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CLARITYscope