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In preparation for our first session:

- (1) Using the Wheel of Life, rate your level of satisfaction in each area of your life.
- (2) Select the question or questions below that most resonate with you right now, and write out your answers. No need to answer all of them, just the one or ones that speak to you.
 - Sketch out what you know of your own life purpose. What were you made to do?
 - How well do your current roles fit or not fit with your purpose and natural strengths?
 - What is most important to you in life?
 - What do you want more of? Less of?
 - What do you care most about in each of the areas on the Wheel of Life?
 - If one burden could be removed from you in the next 30 days, what would that be?
 - Right now I feel the greatest sense of need for....
 - The problems or challenges I most want to overcome right now are....
 - The things that sap my energy that I most want to remove from my life are....
 - The place I feel stuck is....