

MODULE 2. COACHING TOOLS



WORKSHEET 2.



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Consider what the most important elements of your life are:

- health and physical
- fitness
- family and love
- personal development
- professional satisfaction
- physical environment, i.e. the environment in which we live
- finances career
- relaxation and entertainment
- friends and community
- philosophy of life and spirituality

The circle below consists of 3 zones.



The safety zone is the one in which you feel most comfortable and safest and is located in the very center of the circle and is the smallest.



The learning zone is the one adjacent to the middle zone

and external. You no longer feel comfortable in it and it may arouse both curiosity and fear of the new, unknown.



The panic zone is the outer and largest one. Usually it is an unknown area that arouses fear or panic.

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Enter the above elements from your life into each zone and think about what causes them to be there.

