

## Circle of Fulfillment

Here is your very own circle of fulfillment. Use the questions to help you colour in the sections.

Use different colours for each of the sections.

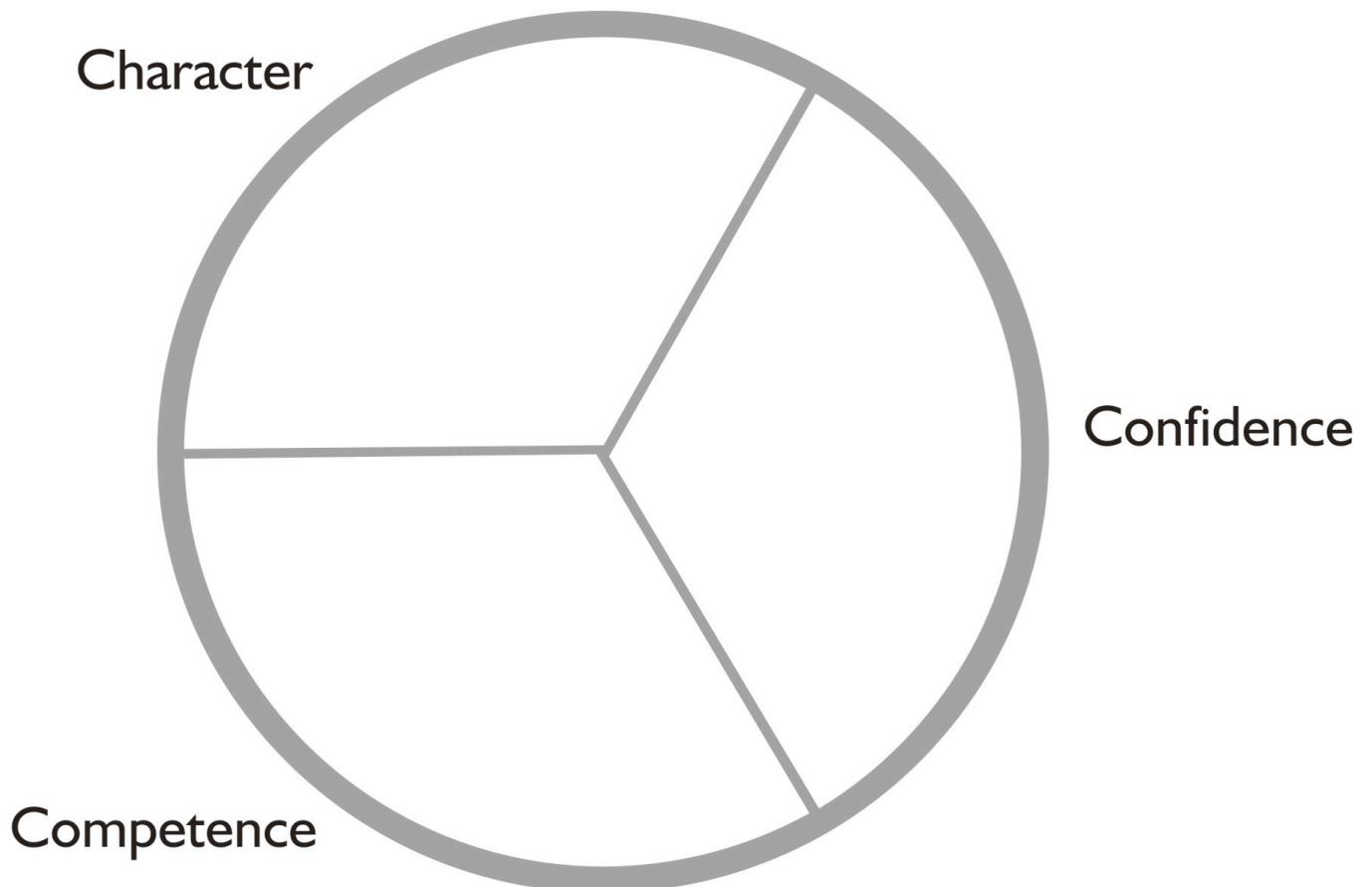
Be really honest with yourself. This will show you in 3 colours how fulfilled you are in your life.

If you have 50% or more colour in the sections, you are probably living a fulfilled life. If you have more than 50% and are not fulfilled, then go back and have another think.

If you are really honest with yourself, you will see clearly which areas of your life you are not happy with, and possibly where changes need to be made.

Living the life you really, **really** want starts today

Good Luck



# Circle of Fulfillment

Use these questions to help you fill out your very own circle of fulfillment.

## Confidence

How do you feel you rate your levels of confidence in your everyday work life?

Do you feel you can handle most things that come your way?

What does it feel like to be the last person to arrive, even if you're on time?

Do your colleagues come to you if they need help with any aspect of the job?

Do you see what needs doing, and do it?

When you answer the phone are you apprehensive about what the call may be about?

Do you put yourself forward for tasks such as the office party, or collections for a colleague's leaving present?

Do you speak up in meetings, or are you more likely to just listen?

If a 'controversial' decision has been made, do you voice your opinion or do you go with it quietly?

## Competence

How do you rate your levels of competence at your job?

Can you handle most things that arise at work?

Are you the 'go to' person when there's a new task to perform?

Can you adapt your skills quickly to suit the task at hand?

Do you solve problems quickly and with minimal fuss?

Have you ever been 'Employee of the Month'?

Do your colleagues recognize you as brilliant in your job?

Are you the person people come to to discuss aspects of the job?

## Character

How does your work life build up your character?

Do you feel that you are properly appreciated for the work you do?

Do you feel that you are paid adequately?

If there was a crisis at work, would you be willing to put yourself out and work extra hours?

Do you feel like you are a 'different' person outside of work?

Do you consider your work colleagues to be your friends?

Are you working to live, or living to work?

Do you 'make a living' or 'have a life'?