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Personal Growth Foundations

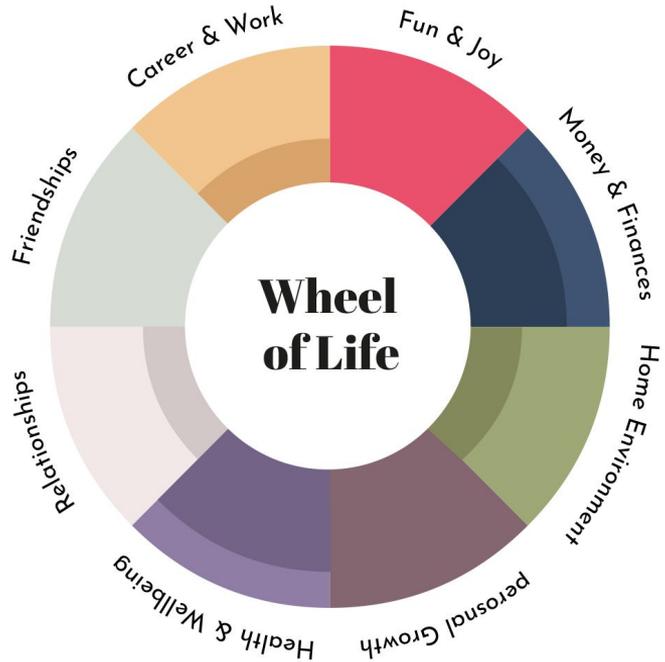


Explora
JOURNEYS

Your Speaker

- Author, speaker & singer
- Series of talks on this cruise.
- Come on a personal journey of self discovery





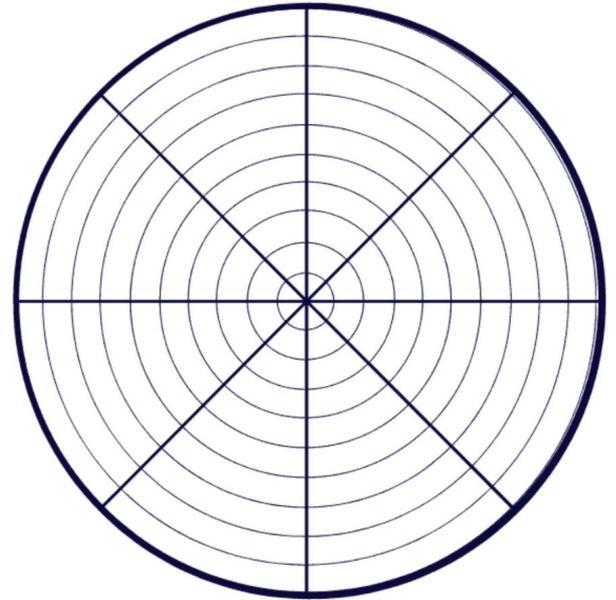
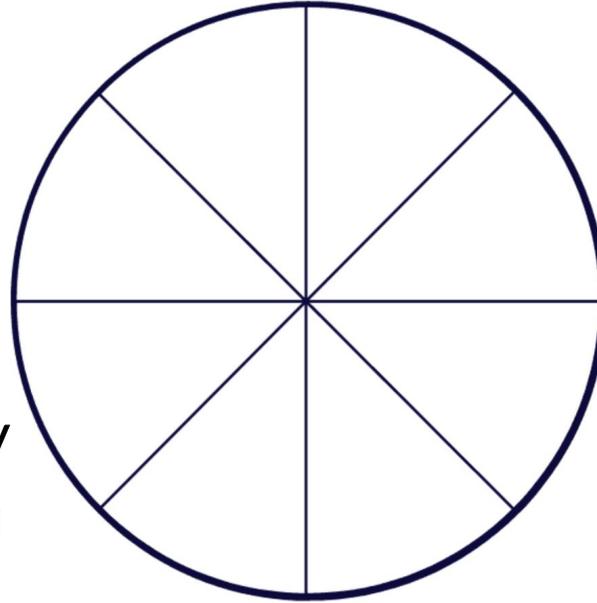
The Wheel of Life

- Classic personal development tool
- Score each slice from low to high.
- No need to overthink it.
- Do this regularly - things change!

The Wheel of Life - customise it for you!

Typical categories:

- Health
- Purpose
- Family
- Work/career
- Finances
- Faith/spirituality
- Personal growth
- Recreation
- Romance
- Home life





Partner Reflection Exercise

- **Two areas that feel strong and why.**
- **Two areas that feel challenging.**
- **Share briefly with a partner.**

A resource for you - interactive WOL

The Ultimate Wheel of Life Interactive Assessment

The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once to see where you most need improvement. It only takes a minute to complete and it's totally free!



A woman with long brown hair is shown from the chest up, smiling broadly and laughing. She is wearing a light blue top. The background is a solid dark grey color. Overlaid on the left side of the image is the text '64%' in a large, bold, orange font. Below it, in a white font, is the text 'Two thirds of over-45s say a sense of purpose is central to their quality of life.'

64%

Two thirds of over-45s say a sense of purpose is central to their quality of life.

CORE VALUES



CORE VALUES EXAMPLES

1. INTEGRITY
2. LEADERSHIP
3. GROWTH
4. HONESTY
5. ACCOUNTABILITY
6. FAMILY
7. FUN
8. STABILITY
9. COURAGE
10. HAPPINESS
11. FAITH
12. CREATIVITY
13. RESPECT
14. INCLUSION
15. LOYALTY
15. ADVENTURE
16. BRAVERY
17. EMPATHY
18. PATIENCE
19. COMMUNICATION
20. ACHIEVEMENT

NOTES



MAKE IT HAPPEN

@HEYGOALSISTER



Choose Your Values - Exercise

- Look at a list of top values or choose your own 3 or 4.
- Put them in order.
- How do they show up in ways you spend time/money?
- Any conflicts?

STOP
START
CONTINUE





Stop-Start-Continue Exercise

Stop: habits, commitments or thoughts that drain you.

Start: small steps that move you toward the life you want.

Continue: behaviours you want to keep.

Choose one item from each group to consider

Get the resources and keep in touch!



- Wheel of Life link
- Values sample list
- Stop-Start-Continue
- Quick feedback form

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