

Introduction & Orientation



Laying the foundation for your transformation

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Welcome to the S.E.L.F. L.O.V.E. Transformational Project. In this opening session you will orient to your journey, honestly assess where you are right now, and set meaningful intentions for the weeks ahead.

Where I Am Now

Life Wheel Assessment

Rate each area 1 (really struggling) to 10 (thriving). Be honest with yourself - this is your starting point, not your end point.

Career & Purpose

1	2	3	4	5	6	7	8	9	10
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Romantic Relationship

1	2	3	4	5	6	7	8	9	10
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Health & Vitality

1	2	3	4	5	6	7	8	9	10
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Money & Abundance

1	2	3	4	5	6	7	8	9	10
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Personal Growth

1	2	3	4	5	6	7	8	9	10
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Fun & Joy

1	2	3	4	5	6	7	8	9	10
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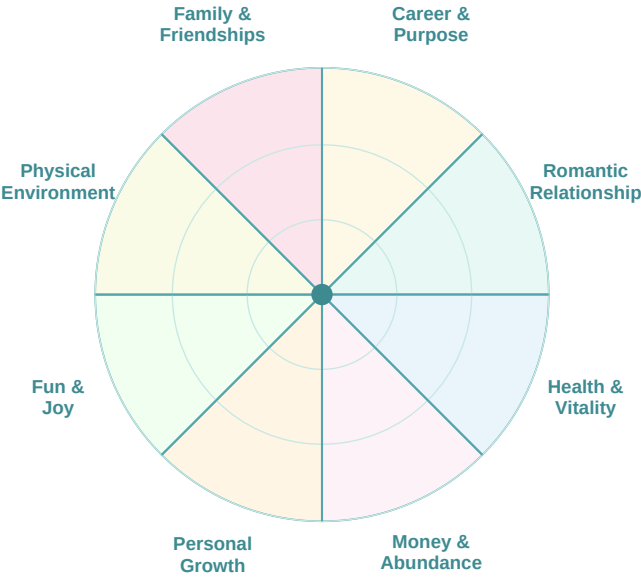
Physical Environment

1	2	3	4	5	6	7	8	9	10
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Family & Friendships

1	2	3	4	5	6	7	8	9	10
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You can also colour in the wheel below to see your life balance at a glance.



My Life Wheel

What Brought Me Here

In your own words, what made you say yes to this journey? What has been your relationship with yourself up until now?

My Intention for This Course

If this course gives you everything you are hoping for, what will be different about your life in 6 months?

My Commitment

Complete this: "I commit to showing up fully for myself in this course because..."

Signature _____

Date _____

Reflection Questions

1. What feels most exciting about starting this journey?

2. What feels most challenging or scary?

3. Which area of your life wheel surprised you most, and why?

4. What is one small thing you can do this week to show yourself you are serious about this commitment?

My Notes

