



## WHAT IS PREVENTING YOU FROM LIVING THE DREAM?

This Total Life Inventory will help you identify the areas in your life that are going well and those that could be sabotaging your dream. See this as an opportunity to evaluate where you are at – just like an annual stocktake.

This first page is an introduction to coaching from our website, although there will be great value just doing the inventory.



### COACHING to get you to a better place

Imagine an elite team or athlete with no coach: No one to observe their game, teach new skills, develop better strategies or push them towards greatness.

It wouldn't happen.

In the game of life a growing number of men and women are finding tremendous benefits in having their own personal coach to get them to a better place - to help them develop and achieve their goals in – physical fitness, business expertise, financial independence, and healthy relationships, to name a few.

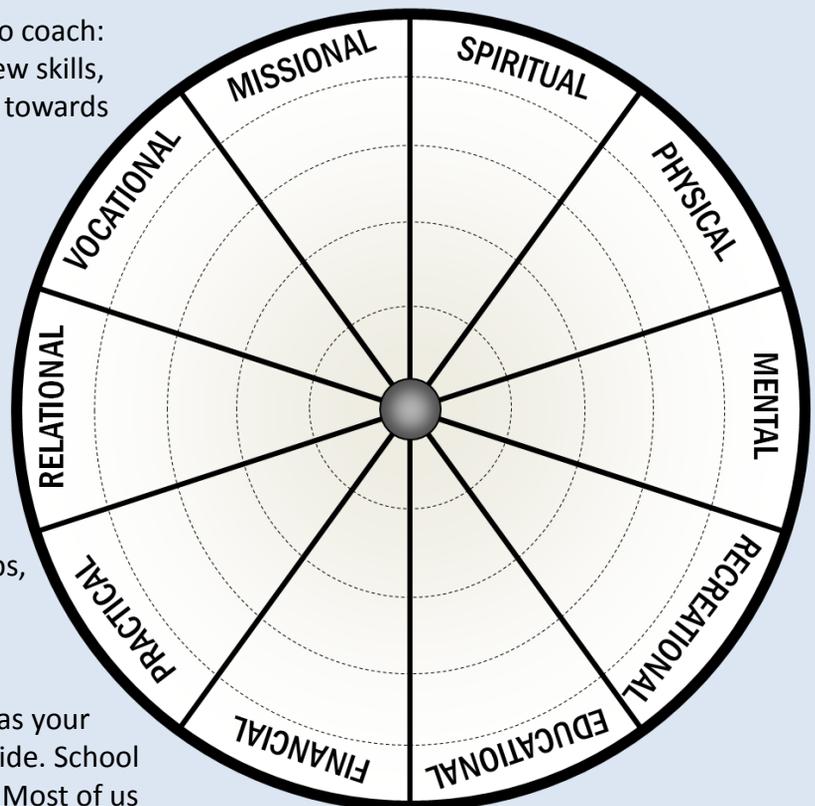
Check out the wheel. What area/s are underdeveloped? You can be sure that as your life rolls along you'll be in for a rickety ride. School and University can only take you so far. Most of us have strengths that have hit a plateau. All of us have at least one aspect that is so weak it is affecting other areas of our lives.

We can individually match you with the right coach to help you reach your potential. [Click here](#) to see the standards we set for our staff. With a growing number of coaches, wherever you are in the world we can connect.

We will provide a flexible personalized service giving you the choice of face-to-face, adventure-based, or techno-based interaction incorporating technologies such as Skype, email or phone.

You will be surprised how affordable a coach can be compared to the tremendous outcomes you can achieve if you are willing to work hard with us.

[Click here](#) for a no-pressure, no-cost conversation to explore whether coaching with *BETTER MEN Australia* is right for you.











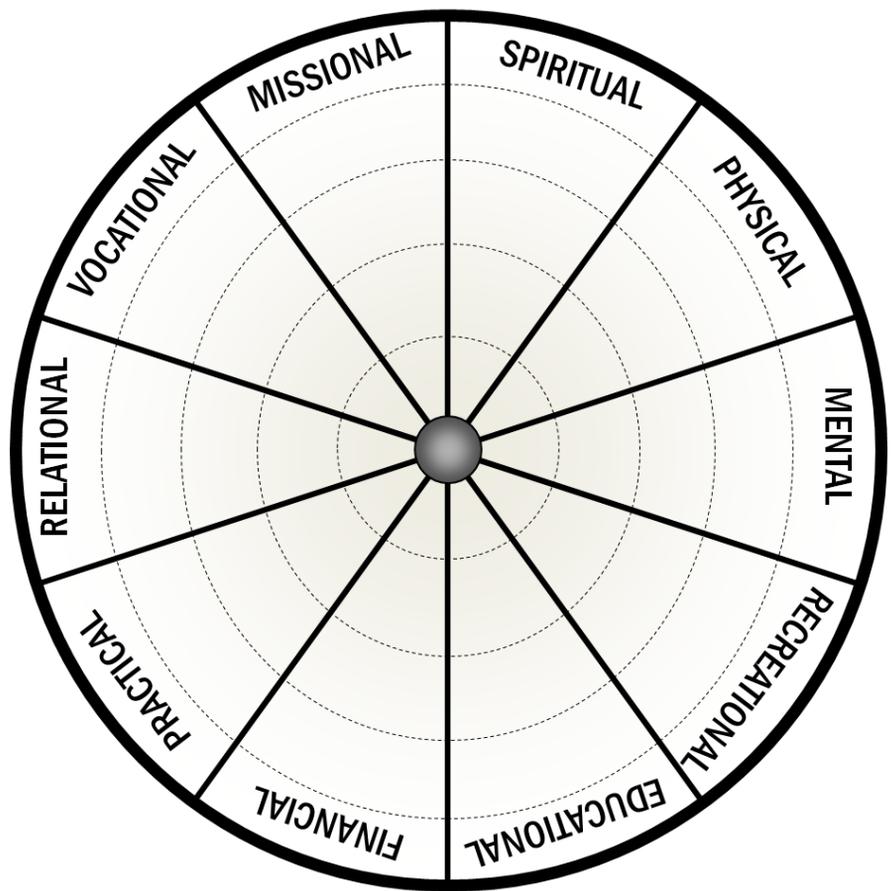
## TOTAL LIFE INVENTORY

*Shade the sections within each dimension from the centre outward.*

*The more shaded sections the greater the strength of that dimension.*

*(Each section amounts to 10 pts)*

*Then work through the following questions if you can before next Fireside.*



1. How did you score for each aspect of your life right now? Any surprises?
2. If the shaded area represented your new wheel, are you feeling the bumps in your ride through life?
3. How might your weakest dimension be affecting the other dimensions?
4. How might your strongest dimension be affecting the other dimensions?
5. Which two dimensions do you want see improved as a matter of priority?

### EXTRA TIME ACTIVITY

6. Highlight one or two aspects from each of the ten dimensions you also want to address.
7. Place a  next to any of the 100 aspects you feel have improved over the last year or two. Celebrate!