



Satisfaction Wheel: Your Commitments

With a goal, there is a specific point in time by which you either have or have not accomplished it. It is measurable and specific. Either you have increased your income by 30 percent by July 31 or you have not. A commitment is different from a goal in that it is an ongoing quality-of-life shift. A commitment is not measurable. It may have to do with the state or quality of being you want to create in your life. “I am committed to making a difference in the world through my work,” “I am committed to having open communication with my children,” or “I am committed to a healthful lifestyle and a fit body” are all examples of commitments.

Using your Satisfaction Wheel that you completed when you first started coaching sessions [getting started form], identify your goals (with specific due dates if possible) and your commitments.

	Goals	Commitments
Career/Business	1. 2.	1. 2.
Finances	1. 2.	
Health/Self Care	1. 2.	
Family/Friends	1. 2.	
Romance/Intimacy	1. 2.	
Spiritual and personal Development	1. 2.	
Fun and Relaxation	1. 2.	
Physical Environment	1. 2.	

Adapted from Co-Active Coaching (3rd ed.) © 2011 by Henry Kimsey-House, Karen Kimsey-House and Phillip Sandahl.