



## SELF MASTERY WORKPLAN for NINE DIMENSIONS

NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

CELL NO: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Complete the Life Coaching Work-plan using SMART Objectives. Concentrate only on the aspects that need attention. (Treat Confidentially)

| NO       | DIMENSION<br>or Quotient | OBJECTIVE/TARGET<br>Where do want to be?<br>What is your Ideal? | ACTIVITIES<br>What activities do you have to do to<br>reach you goal | TIMELINES<br>By when do you<br>want to reach goal | %<br>PROGRESS | REMARKS<br>Why? Why not? |
|----------|--------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------|---------------|--------------------------|
| <b>1</b> | <b>PHYSIOLOGICAL</b>     |                                                                 |                                                                      |                                                   |               |                          |
|          | General Ailments         |                                                                 |                                                                      |                                                   |               |                          |
|          | Weight                   |                                                                 |                                                                      |                                                   |               |                          |
|          | Fitness                  |                                                                 |                                                                      |                                                   |               |                          |
|          | Smoking                  |                                                                 |                                                                      |                                                   |               |                          |
|          | Quality of sleep?        |                                                                 |                                                                      |                                                   |               |                          |
|          | Substance abuse          |                                                                 |                                                                      |                                                   |               |                          |
|          | Sexual health            |                                                                 |                                                                      |                                                   |               |                          |
|          | Mental health            |                                                                 |                                                                      |                                                   |               |                          |
|          | Other?                   |                                                                 |                                                                      |                                                   |               |                          |
| <b>2</b> | <b>SOCIAL</b>            |                                                                 |                                                                      |                                                   |               |                          |
|          | Make more friends        |                                                                 |                                                                      |                                                   |               |                          |
|          | Lose negative friends    |                                                                 |                                                                      |                                                   |               |                          |
|          | Make peace with...?      |                                                                 |                                                                      |                                                   |               |                          |
|          | Increase network         |                                                                 |                                                                      |                                                   |               |                          |
|          | Spend quality time       |                                                                 |                                                                      |                                                   |               |                          |
|          | Family relations         |                                                                 |                                                                      |                                                   |               |                          |
|          | Neighbours               |                                                                 |                                                                      |                                                   |               |                          |
|          | Distance relatives       |                                                                 |                                                                      |                                                   |               |                          |
|          | Social media friends     |                                                                 |                                                                      |                                                   |               |                          |
| <b>3</b> | <b>EMOTIONAL</b>         |                                                                 |                                                                      |                                                   |               |                          |
|          | Love                     |                                                                 |                                                                      |                                                   |               |                          |
|          | Anger                    |                                                                 |                                                                      |                                                   |               |                          |
|          | Fear                     |                                                                 |                                                                      |                                                   |               |                          |
|          | Depression               |                                                                 |                                                                      |                                                   |               |                          |
|          | Happiness                |                                                                 |                                                                      |                                                   |               |                          |
|          | Peace                    |                                                                 |                                                                      |                                                   |               |                          |
|          | Pride                    |                                                                 |                                                                      |                                                   |               |                          |
|          | Shame                    |                                                                 |                                                                      |                                                   |               |                          |
|          | Excitement               |                                                                 |                                                                      |                                                   |               |                          |
|          | Passion                  |                                                                 |                                                                      |                                                   |               |                          |
|          | Other?                   |                                                                 |                                                                      |                                                   |               |                          |

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|----------|--------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------|---------------|--------------------------|
| <b>4</b> | <b>INTELLECTUAL</b>      |                                                                 |                                                                                         |                                                   |               |                          |
|          | Continue studies         |                                                                 |                                                                                         |                                                   |               |                          |
|          | Enhance skills           |                                                                 |                                                                                         |                                                   |               |                          |
|          | Read widely              |                                                                 |                                                                                         |                                                   |               |                          |
|          | Good movies              |                                                                 |                                                                                         |                                                   |               |                          |
|          | Brain teasers            |                                                                 |                                                                                         |                                                   |               |                          |
|          | Play chess               |                                                                 |                                                                                         |                                                   |               |                          |
|          | Other?                   |                                                                 |                                                                                         |                                                   |               |                          |
| <b>5</b> | <b>OCCUPATIONAL</b>      |                                                                 |                                                                                         |                                                   |               |                          |
|          | Job search               |                                                                 |                                                                                         |                                                   |               |                          |
|          | Promotion                |                                                                 |                                                                                         |                                                   |               |                          |
|          | Transfer                 |                                                                 |                                                                                         |                                                   |               |                          |
|          | Moonlighting             |                                                                 |                                                                                         |                                                   |               |                          |
|          | Job satisfaction         |                                                                 |                                                                                         |                                                   |               |                          |
|          | Update CV/Cov Letter     |                                                                 |                                                                                         |                                                   |               |                          |
|          | Enhance skills           |                                                                 |                                                                                         |                                                   |               |                          |
|          | Character traits         |                                                                 |                                                                                         |                                                   |               |                          |
| <b>6</b> | <b>FINANCIAL</b>         |                                                                 |                                                                                         |                                                   |               |                          |
|          | Entrepreneurship         |                                                                 |                                                                                         |                                                   |               |                          |
|          | Savings                  |                                                                 |                                                                                         |                                                   |               |                          |
|          | Investment               |                                                                 |                                                                                         |                                                   |               |                          |
|          | Stock-market             |                                                                 |                                                                                         |                                                   |               |                          |
|          | Sales                    |                                                                 |                                                                                         |                                                   |               |                          |
|          | Service offering         |                                                                 |                                                                                         |                                                   |               |                          |
|          | Inheritance              |                                                                 |                                                                                         |                                                   |               |                          |
|          | Sponsorship              |                                                                 |                                                                                         |                                                   |               |                          |
|          | Donations                |                                                                 |                                                                                         |                                                   |               |                          |
| <b>7</b> | <b>CHARITY</b>           |                                                                 |                                                                                         |                                                   |               |                          |
|          | Donation                 |                                                                 |                                                                                         |                                                   |               |                          |
|          | Volunteer                |                                                                 |                                                                                         |                                                   |               |                          |
|          | Kind to animals          |                                                                 |                                                                                         |                                                   |               |                          |
|          | Removing harm            |                                                                 |                                                                                         |                                                   |               |                          |

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|----|--------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------|---------------|--------------------------|
| 8  | SPIRITUAL/RELIGIOUS      |                                                                 |                                                                                         |                                                   |               |                          |
|    | Being more reflective    |                                                                 |                                                                                         |                                                   |               |                          |
|    | Visit mosque/church      |                                                                 |                                                                                         |                                                   |               |                          |
|    | Read the holy books      |                                                                 |                                                                                         |                                                   |               |                          |
|    | Practice on teachings    |                                                                 |                                                                                         |                                                   |               |                          |
|    | Do good – be good        |                                                                 |                                                                                         |                                                   |               |                          |
| 9  | LEISURE                  |                                                                 |                                                                                         |                                                   |               |                          |
|    | Sports                   |                                                                 |                                                                                         |                                                   |               |                          |
|    | Hobbies                  |                                                                 |                                                                                         |                                                   |               |                          |
|    | Interests                |                                                                 |                                                                                         |                                                   |               |                          |
|    | Relaxation               |                                                                 |                                                                                         |                                                   |               |                          |
|    | Vacation                 |                                                                 |                                                                                         |                                                   |               |                          |
| 10 | OTHER                    |                                                                 |                                                                                         |                                                   |               |                          |
|    |                          |                                                                 |                                                                                         |                                                   |               |                          |
|    |                          |                                                                 |                                                                                         |                                                   |               |                          |
|    |                          |                                                                 |                                                                                         |                                                   |               |                          |
|    |                          |                                                                 |                                                                                         |                                                   |               |                          |
|    |                          |                                                                 |                                                                                         |                                                   |               |                          |

