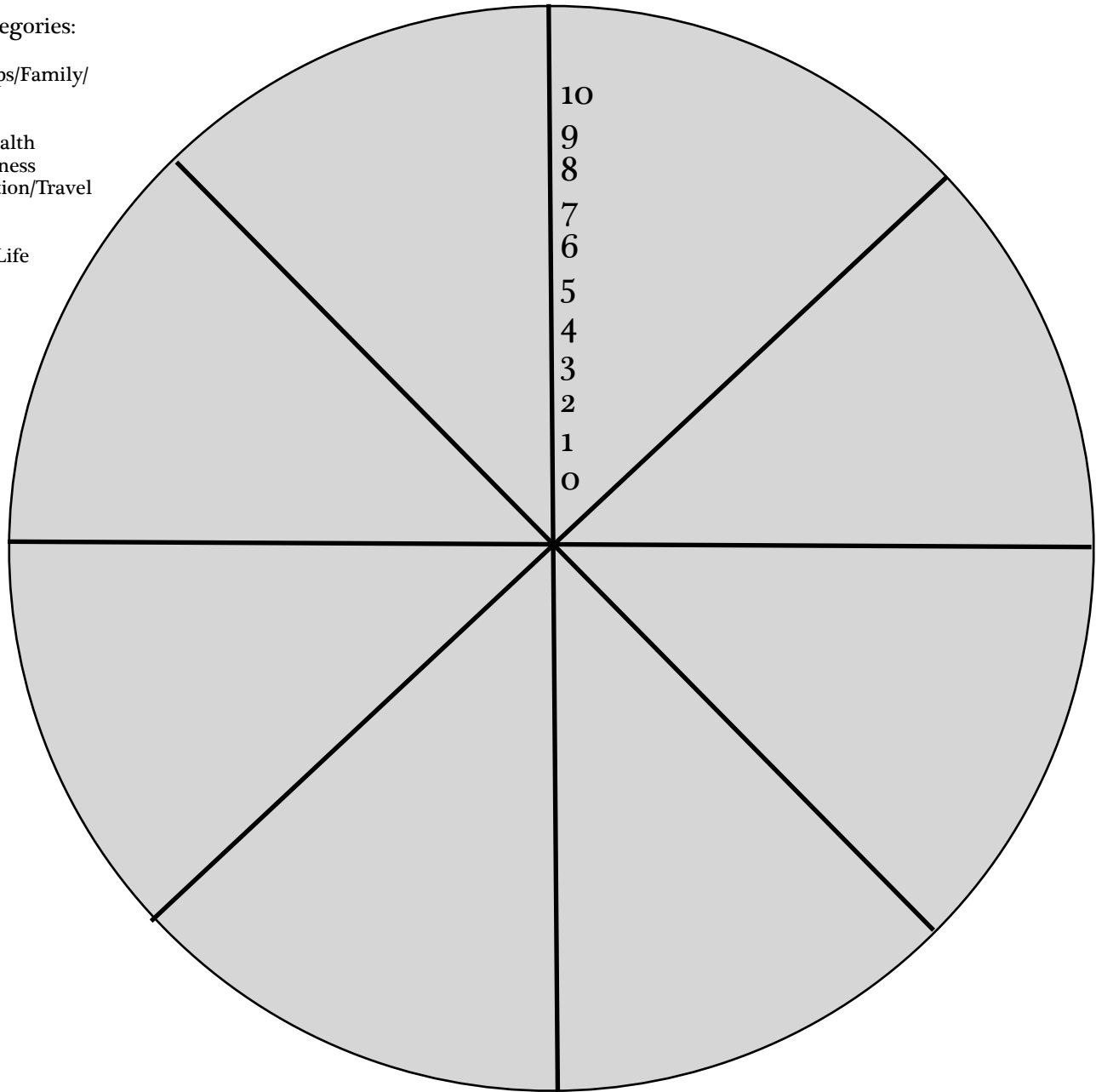


# Julie Melillo Life Coaching Lifestyle Overview

Get a fast, bird's-eye view of how your life is working!

Lifestyle Categories:

- Relationships/Family/Friends
- Love Life
- Exercise/Health
- Career/Business
- Fun/Recreation/Travel
- Home Life
- Finances
- Purpose in Life



## Directions:

Label each slice of the pie with a “Lifestyle Category” listed above. Rate each category from 0-10 (with 10 meaning complete fulfillment and 0 meaning no fulfillment). Start with the slice of the pie with numbers -- draw a line across at the appropriate number. This will form a “pizza crust” area for each slice -- in this space, write what would need to change to make that category a 10 (action items of what you’d need to do). Repeat for the rest of the slices. When completed, color in the center shape to see the areas of your life that are working successfully -- the blank “pizza crust” area where you wrote your action items are the challenges you need to work on to make your life 100%. Now you know the exact work and action that needs to be completed to make your life 100% fulfilling! Schedule a coaching session to help you discover how to make these important changes to improve your life! Email Julie Melillo at [yourdreamslifecoach@gmail.com](mailto:yourdreamslifecoach@gmail.com).