

GETTING TO KNOW YOU

LIFE GOALS, LIFE BALANCE & CORE VALUES

We believe that it is impossible to help our clients plan their futures until we have an understanding of what motivates them, what they want to do, and where they want to go.

Start by asking if your life is in balance

Complete the [Wheel of Life](#) Exercise and see if your wheel rolls smoothly. If it looks like a bumpy ride, what areas do you need to work on? Your result will automatically save so you can come back and check and compare over time.

What are your core values?

Move on to the [Core Values](#) exercise next and complete what we believe to be one of the most valuable exercises that you can do.

Your core values are the underlying principles by which you live your life. They are what make you who you are, and they do not tend to change over time. When you live according to your core values you find that life is easy, you're happier, less stressed because you are focusing on the values that are important to you. If you are living in conflict with your core values, you become stressed, unhappy, dissatisfied and frustrated with who you are and what you are doing.

Keep your core values in mind when setting your goals and making decisions by asking yourself the following question: Is this decision aligned with my core values?

There are four exercises in all, and [Your Bucket List](#) and the Kinder [Life Planning questions](#) may need more thought and I suggest that you allocate some time to complete them.

Life Goals

The four exercises on our dedicated [Life Goals](#) website have all been designed by us to help our clients establish what is important – they are unique to us and we hope that you like them and find them fun to complete.

Your answers will be automatically saved so that you can go back at any time and do the exercises again and see how things have changed. Our clients tell us that they find it inspiring to go back and realise how much they have achieved.

You can access directly from [Life Goals](#) or from the [Client Services and Login](#) page of our website