

Wild Spirits Coaching

1. Health

- Sleep
- Movement
- Energy levels
- Well-being

2. Finances

- Money to live on
- Savings
- Passive income (if any)
- Retirement plan/savings

3. Job/Business

- Fulfilment
- Environment
- Mission/vision
- Compensation

4. Relationships

- Self
- Family
- Significant Other(s)
- Friends

5. Spirituality

- Practice
- Amount of time
- Contentedness
- Sense of connection

6. Passion(s)

- Time
- Headspace
- Joy
- Sense of purpose