Coaching Minds



FREE COACHING TOOL

7 Streams *of Life*

See how each area of your life is flowing, and choose where to focus first.

Editable PDF | Type straight into the boxes | Save and reuse with every client

THE CONCEPT

The 7 Streams *of Life*

The Streams of Life model is a great tool for helping clients identify which areas of their lives need attention and focus. It works well for clients who feel lost, confused or stuck, and for those who have a lot they want to work on but are unsure what to prioritise.

In the model, seven streams flow into the mainstream of our life. The seven streams are:

Career and Business | Finance | Family and Friendships | Relationship | Health | Personal Growth | Spirituality

These are the areas that form our life, and we tend to spend more time in some streams than in others. Maybe we sacrificed our health by spending too much time on our career, or we neglected our personal growth because we gave so much to our relationship, family and friends.

> Whatever the case may be, the Streams of Life model paints a picture of how we see our current performance across every stream of our lives.

THE EXERCISE

Score your *seven streams*

Applying the model objectively, give each stream a score out of 100 for how you see your performance today, then a score for where you would like it to be. The difference shows where the biggest gap is.

Stream	Today	Where I want to be	Difference
1 Career and Business			
2 Finance			
3 Family and Friendships			
4 Relationship			
5 Health			
6 Personal Growth			
7 Spirituality			

The stream I will work on:

In most PDF readers the Difference column fills itself in once both scores are entered. If yours does not, simply type it in.

THE EXERCISE

Explore what *matters most*

Applying the model subjectively, these questions help you find out more about what sits behind the scores.

Which of the 7 Streams of Life is most important to you right now, and why?

Which of the 7 Streams of Life do you believe needs your attention right now?

THE EXERCISE

Turn insight *into a goal*

Use these two questions to move from awareness into a clear priority and a first goal.

If you were to put the 7 Streams of Life into a priority list, what would that look like?

What is it about your chosen stream that needs work, and how might you set a goal in this area?

NOTES

Additional *notes*

Use this space for anything else that came up, or for the actions agreed at the end of the session.