

[<Back](#) [Print](#)

Conquering Life's Mountains Together!

Personal Life Coaching

October 30, 2005

Greetings!

Here in Northeastern Wisconsin fall is in full bloom in all it's glory! When I awoke this morning it was the coldest morning so far and sadly, the leaves were quickly **dropping** off our beautiful purple mountain ash in the backyard. So, I grabbed my camera to take a picture of my granddaughter throwing leaves up in the air, so I could send it to my military son overseas.

Fall is my favorite time of year, but it also comes just before those long, cold winter months. The end of the year is coming and many people begin to evaluate the last year, what they've accomplished, what they haven't and what they would like to accomplish in the coming year.

What plans did you have that didn't get accomplished? Today, we'll give you a handy little tool to begin evaluating your life. Where are those places that need some help--work, spiritual life, family? Take a few minutes to fill it out! We hope you **enjoy** our new section on *Keeping Your Joy Full*.

Blessings in Jesus Our Messiah!

Barbara Klika and Marilyn Guffey, Personal Life Coaches

Evaluating Your Life: The First Step to Change!



Pillars of a Balanced Life Assessment

Below many aspects of your life are encompassed in ten areas. Take each area and ask yourself, "How fulfilled am I with this part of my life?" In the margin outside each pillar, assign yourself a score where "0" is "no fulfillment or satisfaction at all (aka "lousy") and 10 is "completely fulfilled." Note a 10 does not mean it cannot be improved or that it will not require continuing attention to maintain this level of satisfaction. It means that, for the moment, you are feeling complete fulfillment in this



arena. You can also split a section in half. For example, you could assign "Home/Office (Environment)" a "7" at the office and a "2" at home.

The titles for the ten pillars are:

1. Professional (0-10)_____
2. Financial (0-10)_____
3. Physical (0-10)_____
4. Spiritual (0-10)_____
5. Social Support (0-10)_____
6. Intimacy (0-10)_____
7. Family (0-10)_____
8. Learning/Growth (0-10)_____
9. Home/Office (Environment) (0-10) _____
10. Play/Fun (0-10)_____

So, how'd you do? Did some areas score really high--GREAT--some okay and some areas could really use some work? What can you do to begin to bring up that rating? What would a "10" look like?

If you have an area in your life that needs some attention and are having trouble coming up with a plan, call us at 866-634-0291 for a **free** consultation. Maybe life coaching is the answer for you!

About Us



Barbara L. Klika, MSW, LCSW, Personal Life Coach is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is here to offer her skills in the areas of communication, problem-solving, and behavior change. In Coaching, you come for help in making decisions and implementing, in order to achieve goals that you decided for yourself.

Marilyn T. Guffey, lay counselor, Personal Life Coach, has worked in a church setting for ten years and with Set Apart Ministries, Inc. since January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. Marilyn has worked extensively with women by coming alongside with support--spiritually, emotionally and practically--through encouragement and prayer.

Both Barb and Marilyn have received Life Coaching training through [MentorCoach](#), Bethesda, MD, Ben J. Dean, Ph.D. President.

We'd Love to Hear From You!



Email us at info@setapartmingb.org with any suggestions, feedback, or questions you would like to ask. We are looking forward to having teleconferences on a variety of subjects that people would like to discuss. Barb has an extensive mental health background and both Marilyn and Barb have been involved in extensive bible study and discipleship. So let us know what you'd like to see provided.

Teleconferences are done as a group. We will provide you with the telephone number and pin number to be included in the call. It's fun and it's great to meet and talk with people from all over the U.S.

Please feel free to forward this newsletter to anyone you think may enjoy it and might be interested in a coaching relationship.

Keeping Your Joy Full!

Oh, the Blessings and Stressings as we experience the Abundant Life with our Messiah! While we may find it easier to feel joyful at one time over another, the ability to hold on to our Joy in His accomplishments on our behalf is a crucial part of our spiritual victory. And even more so as the times and events around us grown darker.



We want to take a little space each letter in which to encourage YOU to hold on to your joy in our Messiah! **We will suggest things that we find encouraging and ask that you also might tell us about what helps you keep your joy as we follow Him.**

It is okay to praise and worship, even when you are by yourself, with only your audience of One. In our home community we have found such joy and encouragement in sharing the music by many musicians but often especially that provided by [Marty Goetz](#). He is called a modern day psalmist, with good reason! Or perhaps check out [Lenny and Varda's praise music!](#) [You can hear previews of it here.](#) If you don't have any joyful praise music, or if you have reserved it for special occasions why not worship with music on a regular basis? He inhabits His praises! Let us stand with a two edged sword in our hand and the high praise of Yahweh in our mouths!

email: info@setapartmingb.org

phone: 920-432-5002

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to info@setapartmingb.org, by info@setapartmingb.org

Email Marketing by

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Set Apart Ministries Inc. | P.O. Box 5584 | De Pere | WI | 54115