



# LIFE WEB WORKBOOK



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## The Life Web Exercise.

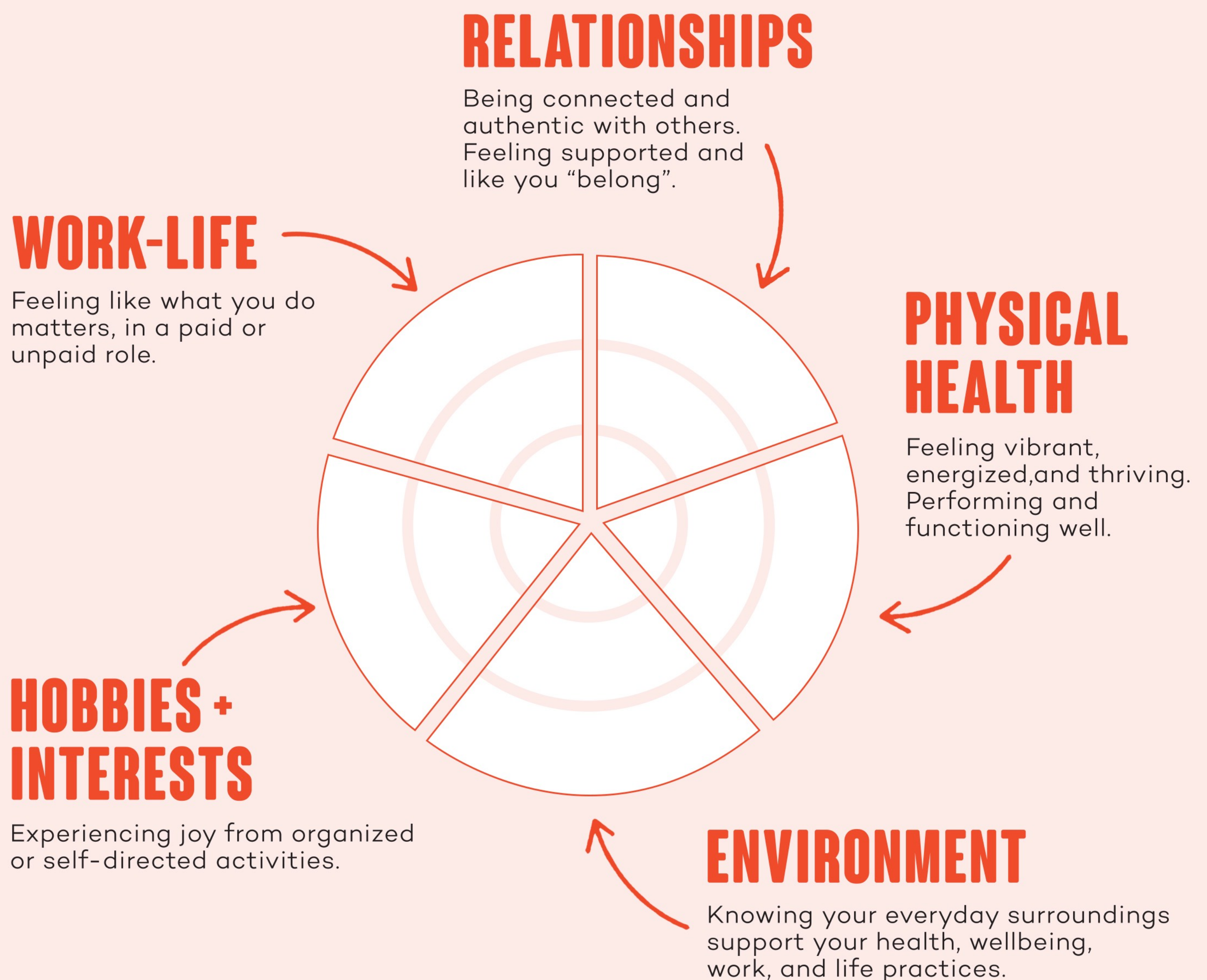
**You can't separate your work and your life.**

You won't be able to understand how to design your work life until you understand how it fits within the context of the rest of your life.

### STEP 1:

**Color in each domain of your life web.**

The more you color in in each area, the better you're doing. While the relative importance of each area is up to you, noticing which areas are lower might alert you to what requires your attention.



**STEP 2:**

**Write a few sentences about how each domain is going.**

Add more context to your rating in each category to get a better sense of what's going well—and what you might build upon—and what you'd like to change.

For example, if you colored in two sections of the pie for your work-life balance, what specifically made you choose that amount, rather than coloring in only one section? If you could wake up tomorrow and it was colored in all the way, what would make that possible?

You can jot some notes about each domain here:

**How I feel about my current physical health is...**

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**How I feel about my current relationships is...**

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**How I feel about my current work-life is...**

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**How I feel about my current environment is...**

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**How I feel about my current hobbies and interests is...**

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**What else did you learn from filling out your Life Web?**

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**STEP 3:**

**Figure out where your real problems lie.**

Now that you've taken the time to fill out your life web, it's time to assess what area truly needs your attention now by answering the following questions:

**QUESTION 1:**

**What areas—if any—require most of my attention right now?**

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**QUESTION 2:**

**If I could pick one area to work on, that would positively impact all other areas, what would that be and why?**

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## Assessing Your Life Web Is A Great First Step.

**But it isn't easy to build a career that actually supports the way you want to live your life on the whole.**

If you want to do work you'll love and succeed at, you must also...

- **Know your unique abilities** — applying them is one of the only ways to increase your chances of success.
- **Understand *how* you work** — it will help you operate in a way that's more natural for you, while giving you the opportunity to gain support around your blindspots.
- **Know what people are willing to pay you for** — testing your assumptions, and prototyping your career, is one of the best ways to ensure you're on the right path.

To help you figure all this out, we've created a special career coaching program:

### **The Career Blueprint:**

10 weeks to discovering your perfect career path and going “all in” with confidence.

**[courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek](https://courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek)**

If you'd like to **have confidence in your career path** and **do the work you're meant to do, with the people you're meant to work with, in a way that brings out your best...**

...then this course is for you.



## Assessing Your Life Web Is A Great First Step.

In just 10 weeks, we'll help you create a clear path to do work that:

- **Makes the most of your unique abilities,**
- **Is in line with what matters most to you,** and
- **Empowers you to fulfill your ultimate purpose.**

And you'll do this with **direct support from your instructors** and with other **ambitious health and fitness pros around the world.**

## Be The First In Line

**Spots are first-come, first-served** and, last time we offered the course, it sold out very quickly.

So, for your chance to...

- learn more about the program today,
- see if it could be a good fit for you,
- get access 24 hours before everyone else,

...join our free **Presale list.**

By doing so, again, you'll learn more about the program plus get early VIP access, which is a big benefit as our last cohort sold out very quickly.

**The Career Blueprint: Learn More + Get Early Access:**  
**<https://courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek>**



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