



ESTI KEDEM
BIRTH & RELATIONSHIP
EXPERT | CBT CERTIFIED

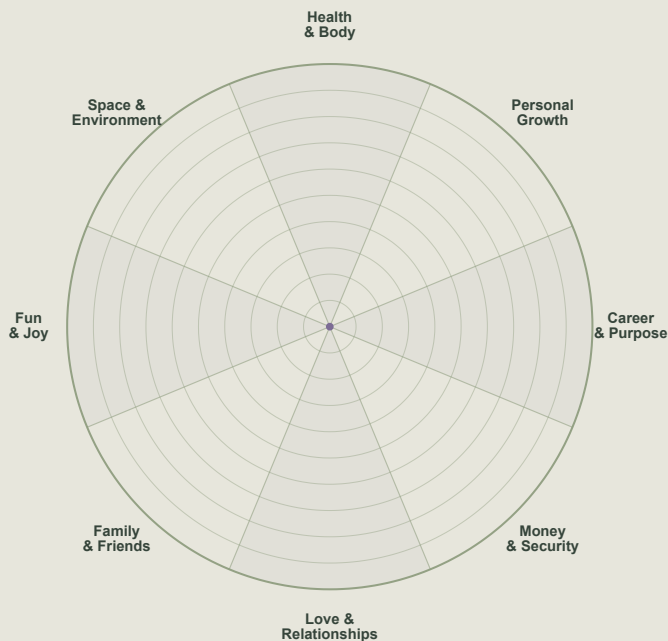
THE SECURE BOND · SELF-WORK

PART ONE · WHERE YOU ARE NOW

The Wheel of Life

A gentle, honest look at how full each part of your life feels today

Before we set goals, we get honest about the whole picture. Fulfilment isn't one thing going well — it's balance across the areas that matter to you. This wheel shows you, at a glance, where life feels rich and where it's quietly asking for care.



How to fill your wheel

1. Take each of the 8 areas one at a time.
2. Ask: “How fulfilled do I feel here, right now?” — not how it looks to others.
3. Shade from the centre outward to your score, **1** (centre) to **10** (outer edge).
4. Step back. Your shaded shape *is* your wheel — notice where it's full, and where it dips.

1–3 needs care · **4–6** finding its feet · **7–10** feels nourished

WHAT IS YOUR WHEEL TELLING YOU?

The area most full right now is...

The one quietly asking for care is...

If I lifted just *one* area by two points, life would feel...

PART TWO · THE DEEPER WORK

Values, Goals & Staying Steady

1 • What matters most

Goals that last grow from values, not pressure. Circle the words that feel like *you* — then choose your top five.

Connection	Growth	Freedom	Security	Honesty
Health	Creativity	Calm	Family	Adventure
Kindness	Purpose	Faith	Courage	Balance
Joy	Independence	Belonging	Learning	Presence

My five core values are:

1 _____	2 _____
3 _____	4 _____
5 _____	

2 • One goal, rooted in what matters

Return to your wheel. Take the area asking for care, and shape a goal that honours a value you just chose.

The area I'm choosing to nurture:

My goal — small, real, and kind (what, and by when):

The *first tiny step* I can take this week:

This matters to me because...

3 • WHEN IT FEELS HARD — THE CBT PAUSE

Staying steady with yourself

Change stirs up big feelings, and old thoughts pull us off course. This is the same CBT tool I teach in coaching: a four-beat pause that turns a reaction into a choice. Practise it when you feel the wobble.

Notice

"What am I feeling in my body right now?"

Name

"What's the thought underneath it?"

Question

"Is it fully true? What am I missing?"

Choose

"What's the kinder, truer next step?"



YOU DON'T HAVE TO DO THE DEEP WORK ALONE

Ready to go further? Let's walk it together.

Book your free 15-minute call

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