



## Kinesiology Advanced Life Development Program

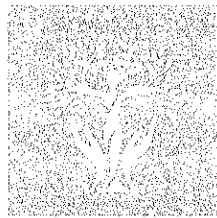
Client:

Kinesiologist: Rachel Dutton

Portfolios

&

Sectors



## Portfolio and Sector Questionnaire

Part one of this document requires you to assess your life in areas that we have called portfolios. In each portfolio you are required to give a rating of the different sectors which make up each portfolio. The different sectors have a rating of 1-10. A rating of 10 would mean you are very satisfied in that sector while a rating of 1 would mean you are very dissatisfied. The more authentic and tuned in you are to your core values and needs around each portfolio and sector, the better the outcomes will be.

Below each portfolio you have space to write any particular notes relating to this portfolio. For example, in the first portfolio if you rated your home environment a 2, you may wish to write down why and/or what a 9 or 10 would look like.

Part two of this form relates to outcomes (or goals). What would you like to achieve. This can cover any outcome but generally it can be a helpful starting point to look back at the portfolios and think about the ones that you scored the lowest. We try and phrase these to be as positive as we can but just have a go at them and we can discuss them and refine them at a later date if required.

If you have any questions in relation to this document, please reach out to me.

You are about to embark on a really wonderful journey.

Enjoy!!

Kind regards

Rachel

## Part 1

Your life is divided into Portfolios and Sectors. Within each portfolio there are a number of sectors which you are asked to rank between 1 and 10 to indicate your level of satisfaction and achievement.

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Environments

0 = dissatisfied, 10 = fulfilled

#### Sectors:

Home                      0-1-2-3-4-5-6-7-8-9-10

Work                      0-1-2-3-4-5-6-7-8-9-10

Region                    0-1-2-3-4-5-6-7-8-9-10

Any Comments about this Portfolio (optional):

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Finances

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0 = dissatisfied, 10 = fulfilled

**Sectors:**

Management                      0-1-2-3-4-5-6-7-8-9-10

Investment                        0-1-2-3-4-5-6-7-8-9-10

Freedom                          0-1-2-3-4-5-6-7-8-9-10

Income                            0-1-2-3-4-5-6-7-8-9-10

Expenditure                      0-1-2-3-4-5-6-7-8-9-10

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Any Comments about this Portfolio (optional):

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Health

0 = dissatisfied, 10 = fulfilled

#### Sectors:

Fitness            0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Appearance       0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Nutrition           0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Body                0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Emotional          0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Mental              0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

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Any Comments about this Portfolio (optional):

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Recreation

0 = dissatisfied, 10 = fulfilled

#### Sectors:

Physical Activities      0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Travel                      0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Hobbies                    0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Interests                  0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Free Time                 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Any Comments about this Portfolio (optional):

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio Career

0 = dissatisfied, 10 = fulfilled

#### Sectors:

Purpose 0-1-2-3-4-5-6-7-8-9-10

Values Met 0-1-2-3-4-5-6-7-8-9-10

Remuneration 0-1-2-3-4-5-6-7-8-9-10

Enjoyment 0-1-2-3-4-5-6-7-8-9-10

Time Management 0-1-2-3-4-5-6-7-8-9-10

Colleagues/  
Work Dynamics 0-1-2-3-4-5-6-7-8-9-10

Any Comments about this Portfolio (optional):



Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Relationships

0 = dissatisfied, 10 = fulfilled

#### Sectors:

With self	0-1-2-3- <u>4</u> -5-6-7-8-9-10
Family of origin	0-1-2-3-4-5-6-7-8-9-10
Own family	0-1-2- <u>3</u> -4-5-6-7-8-9-10
Romantic Sex Life	<u>0</u> -1-2-3-4-5-6-7-8-9-10
Friendships	0-1-2-3-4-5- <u>6</u> -7-8-9-10
Work	<u>0</u> -1-2-3-4-5-6-7-8-9-10
Community	0-1-2-3-4- <u>5</u> -6-7-8-9-10
Support networks	0-1-2-3-4-5-6-7- <u>8</u> -9-10

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Any Comments about this Portfolio (optional):

Below, rate your level of satisfaction for the Sector. Comments are optional and should be brief (dot point is fine) as you will have the opportunity to write more later.

### Portfolio: Personal Development

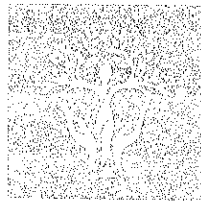
0 = dissatisfied, 10 = fulfilled

#### Sectors:

Spiritual	0-1-2-3-4-5-6-7- <u>8</u> -9-10
Emotional	0-1-2-3-4- <u>5</u> -6-7-8-9-10
Interpersonal	0-1-2-3-4- <u>5</u> -6-7-8-9-10
Mental Self-	0-1-2-3-4-5- <u>6</u> -7-8-9-10
Mastery New	0-1-2-3-4-5-6-7-8-9-10
Skills	0-1-2-3-4-5-6-7- <u>8</u> -9-10

Any Comments about this Portfolio (optional):

# Outcomes



## Outcomes

This form is about setting what you want to achieve. Always complete Portfolios (form 1) before completing this form as it is always good to get clear on your current circumstances before setting goals and outcomes for what you want to achieve.

**What have you become aware of in your current circumstances that you would like to change through completing the portfolio and Sector Questionnaire?**

### Elements of an Outcome

When we create outcomes they are based on three elements.

Element 1: Things we don't like and are not enjoying that we want to change.

Element 2: Things that we are passionate and inspired about that we want to bring into our lives

Element 3: Values that we are not fully expressing that we want to align with more in our life.

When we write down the outcomes, tick the element boxes which match the underlying drive behind the outcome.

### Using Positive Language

When we create an outcome, it is always important to put it in a positive context even when there is something we want to escape from in our lives that is causing us pain and suffering. It is better to write it in a way that is inspirational for us.

**Example:** A participant in the program may face chronic pain in their hip and naturally they want it to be gone. They may write:

#### Version 1:

*I would like my hip to be pain free and have full mobility.*

Upon questioning the participant, the coach discovers that the participant loves mountain biking but can no longer do it because of the hip and has lost the connection with this passion. In the second version this becomes the focus rather than the hip, which means that the participant is now tapping into their passion.

#### Version 2:

*I go mountain biking three times a week with full support from my body*

Your Kinesiology Coach will review your outcomes and support you to use optimal language

### Outcome 1

Draft (Client to Complete alone)

I would like to spend more time  
out of the wheelchair

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

~~I would like to volunteer/work for  
a couple hours a~~

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 2

Draft (Client to Complete alone)

I would like to volunteer/work for  
a couple of hours a week

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 3

Draft (Client to Complete alone)

I would like to do some self  
Study

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 4

Draft (Client to Complete alone)

I would like to socialise with  
my friends once a week

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 5

Draft (Client to Complete alone)

I would like to start driving lessons and take the practical test

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 6

Draft (Client to Complete alone)

I would like to be more independent/  
confident in the pool (hydrotherapy)  
- still with mums help

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Kinesiologist)

Element 1 ☐ Element 2 ☐ Element 3 ☐