

The Potter's Wheel

LIFE AUDIT

For Reflection, Clarity, & Growth

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

— Jeremiah 29:11



Potter's Wheel Coaching

Welcome

Welcome to The Potter's Wheel Life Audit.

When was the last time you paused and took an honest look at your life?

One of the most common things I hear from people is, "I don't even know what I want." In a world full of noise, expectations, responsibilities, and endless possibilities, it's easy to feel stuck, overwhelmed, or unsure of where to begin. Sometimes it's not that we don't want anything — it's that there is so much in front of us that we struggle to make sense of it all. We can't see the next step because we're trying to look at the entire staircase.

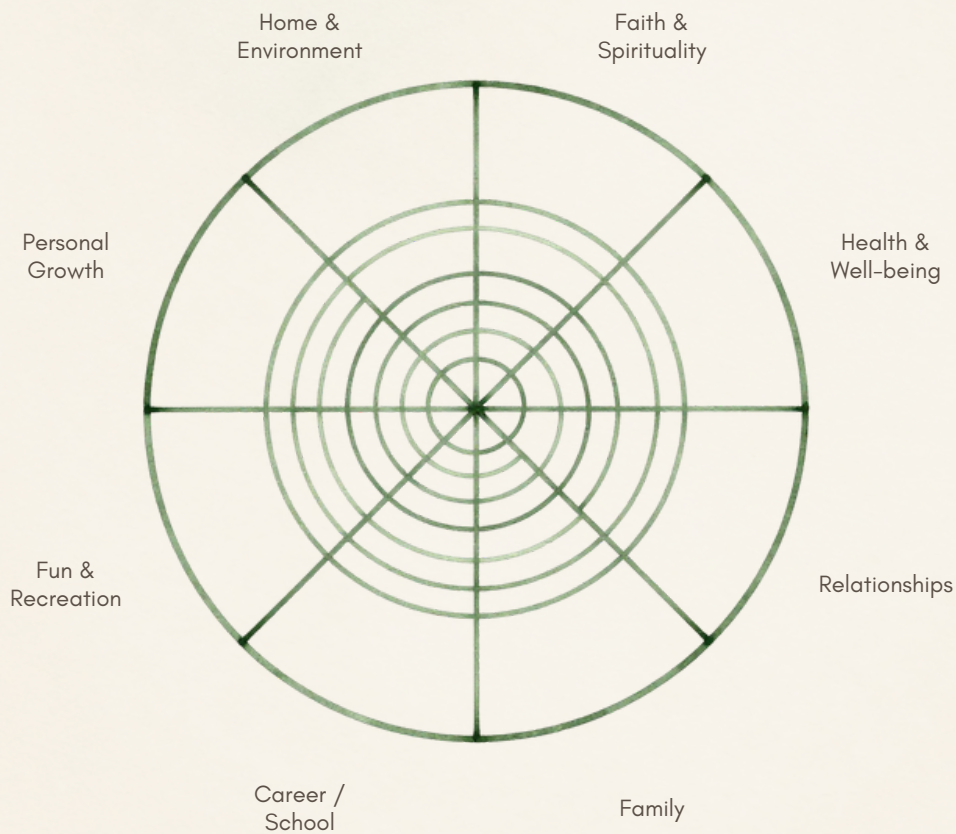
This workbook was created to help you slow down and sort through the noise. Not to judge where you are, and not to pressure you into having all the answers, but simply to notice. To take inventory of your life as it is today. The truth is, you don't need a five-year plan or a perfectly clear vision for your future before you begin. Sometimes the first step toward growth, healing, or change is becoming aware of where you are right now.

Like clay on a potter's wheel, we're all still being shaped. Some areas of life feel full and thriving, while others may feel neglected, uncertain, or unfinished. That's part of being human. My hope is that these pages help you uncover what matters most, identify where your attention may be needed, and remind you that no matter how stuck or confused you may feel, you were created with purpose — and there is always somewhere to begin.

Let's begin.

Taking Inventory

Before we can move forward, it helps to understand where we are. Take a moment to reflect on each area of your life. Colour each section of the wheel from 1–10 based on how fulfilled or satisfied you currently feel in that area — not based on how much time it takes up or how present it is in your life. Trust your first instinct. This isn't about perfection - it's simply a snapshot of this season of your life.



What Stands Out?

- ☐ My wheel feels balanced
- ☐ One or two areas need attention
- ☐ I was surprised by my scores
- ☐ I've been neglecting an important area of my life
- ☐ I know where I'd like to focus next
- ☐ Something else: _____

What's Being Shaped?

Every season of life is shaping us in some way.

Take a moment to reflect on what is unfolding in your life right now.



What feels most important in this season of your life?

What challenge, change, or opportunity are you currently navigating?

What part of your life feels unfinished, uncertain, or still taking shape?

What do you want more of in the months ahead?

If this season had something to teach you, what might it be?

"Growth rarely happens all at once. Like clay on a potter's wheel, transformation unfolds one turn at a time."

Curious About Coaching?

Coaching is a partnership. Here's what it looks like and how it might support you.

Coaching Might Be a Good Fit If...

- ☐ You feel stuck but aren't sure why
- ☐ You're navigating a transition or crossroads
- ☐ You want accountability and clarity
- ☐ You know what you want but struggle to take action
- ☐ You're ready to invest in yourself
- ☐ You want someone to think with, not think for you

Common Misconceptions About Coaching

"I need to know what I want before I start coaching."

Many people begin coaching because they don't know what they want.

"A coach will tell me what to do."

Coaching helps you discover your own answers, not follow someone else's.

"I need to have a big goal or everything figured out first."

You don't. Coaching can help you uncover what's important and identify your next step.

Coaching vs. Counselling

Coaching

- Growth & goals
- Present & future
- Clarity & action

Counselling

- Emotions & mental health
- Often includes the past
- Understanding & processing

Both can support healing, self-awareness, and personal growth. Both are valuable, they simply serve different purposes.



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