

Happy, Healthy, Wealthy YOU

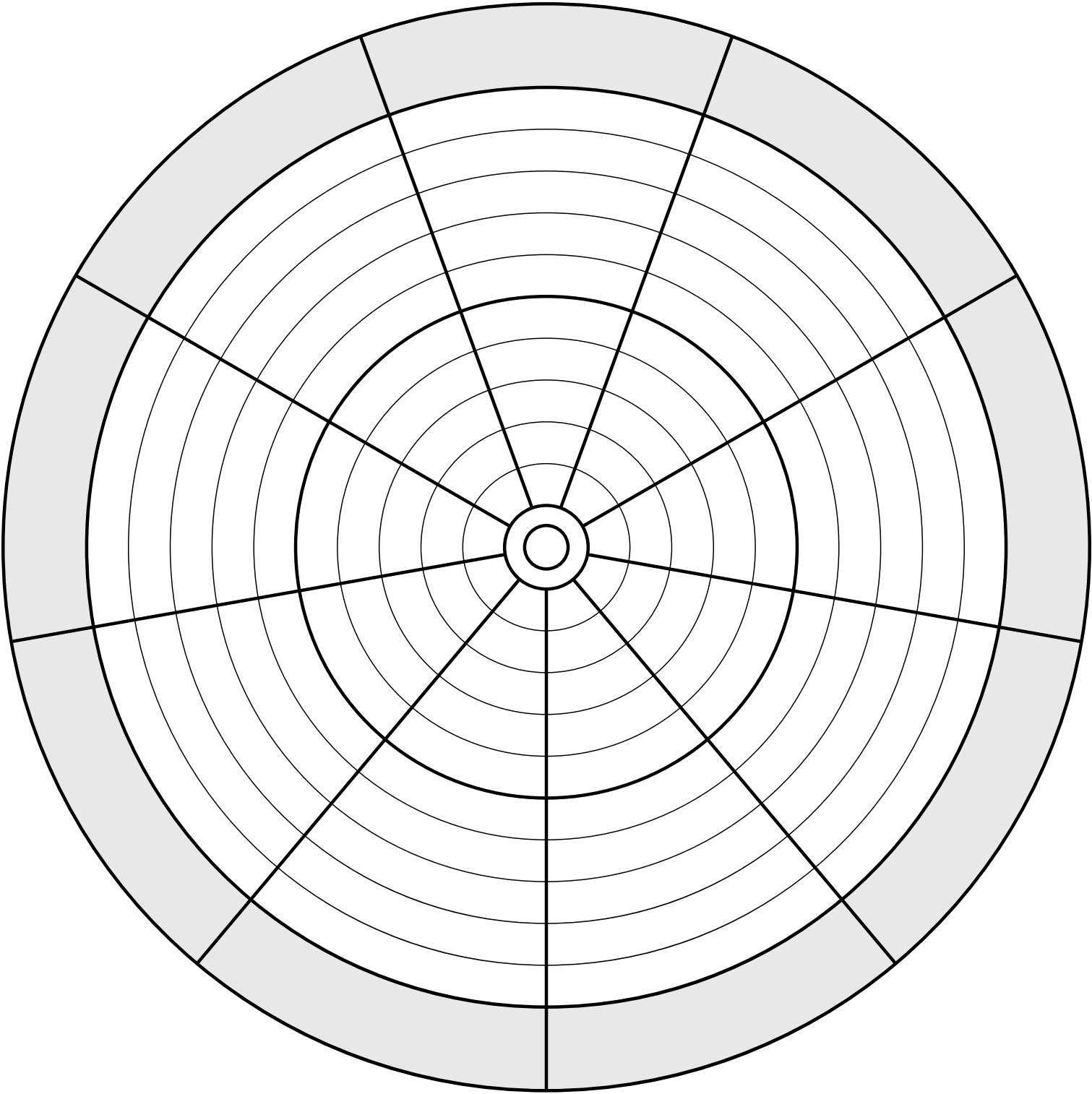
The Wheel of Life



This is the wheel of life. It represents all the major areas of life and depending on how we feel about where we are in each area (0-10), we can see the results showing in our life within these.

Fill in this wheel with the areas written out below the wheel (there are two additional spaces for anything super important that is not contained in the other 7 areas) and mark out where you feel you are - 10 being totally satisfied and 0 being totally dissatisfied.

Then connect these points and see if you tried to make a round wheel, would a vehicle on these wheels have a smooth or a bumpy ride...



Now fill in the table with an honest answer as to where are you now in these areas, what is happening and why you might not be satisfied, then in the second part of the table put in what you would like to achieve in this area and what would this number be (eg. You have a 4 and want to get up to a 7).

	Where are you now	Where do you want to be
Emotions		
Relationships		
Health & fitness		
Spirituality / Connection to higher power		
Career		
Finances / Wealth		
Contributions		

Emotions

- Pick top two areas from the wheel of life you would like to focus on improving first, and:
 - Write out all the emotions you currently experience with regards to this area of life

- Write out all the emotions you will feel when you have achieved the level you desire in this area of life

- Now for the next 5 days write down each day what emotion you felt when this subject came up

1

2

3

4

5

- After these 5 days:
 - Consciously say to yourself the emotions you want to feel in the following way: “if I was to feel XXXXX (new emotion) about this, how would I behave in this situation?” The answer it this way and force your mind to stay on course towards solution and not focussing on the problem.

Actions

- Now ask yourself how would you feel when you achieved this goal in each of the two areas:
 - Write it somewhere visible
 - Create 3 action points to take for each area, take one immediately.

- Go back to this reason why and the next day create a new set of actions and take one immediately to keep momentum

- Every day look at what actions you previously accomplished, take a look at your reason why and create a new set of three actions.
- This will drive you and get you to see progress which in turn will motivate you further
- Don't forget to be grateful for all the lessons you received and all the gifts your day brought you. At the end of the day look back at it and step by step feel peace and gratitude and allow for it to sink in.

Gratitude - today:

When you achieve the goals in the two areas of choice it's time to focus on the next two and so on, until you want to improve on the first two again and level up.