



Be You Authentically

Body – Mind - Soul

The abundance in Life Wheel

Instructions

1. Print out this document. It is great to work through documents offline, it allows you to write. I believe that the act of writing engages a part of our brain that computers do not.
2. Colour each piece of the pie with YOUR rating. Be very honest. 10 is Amazing, one is in definite need of improvement.

Understanding

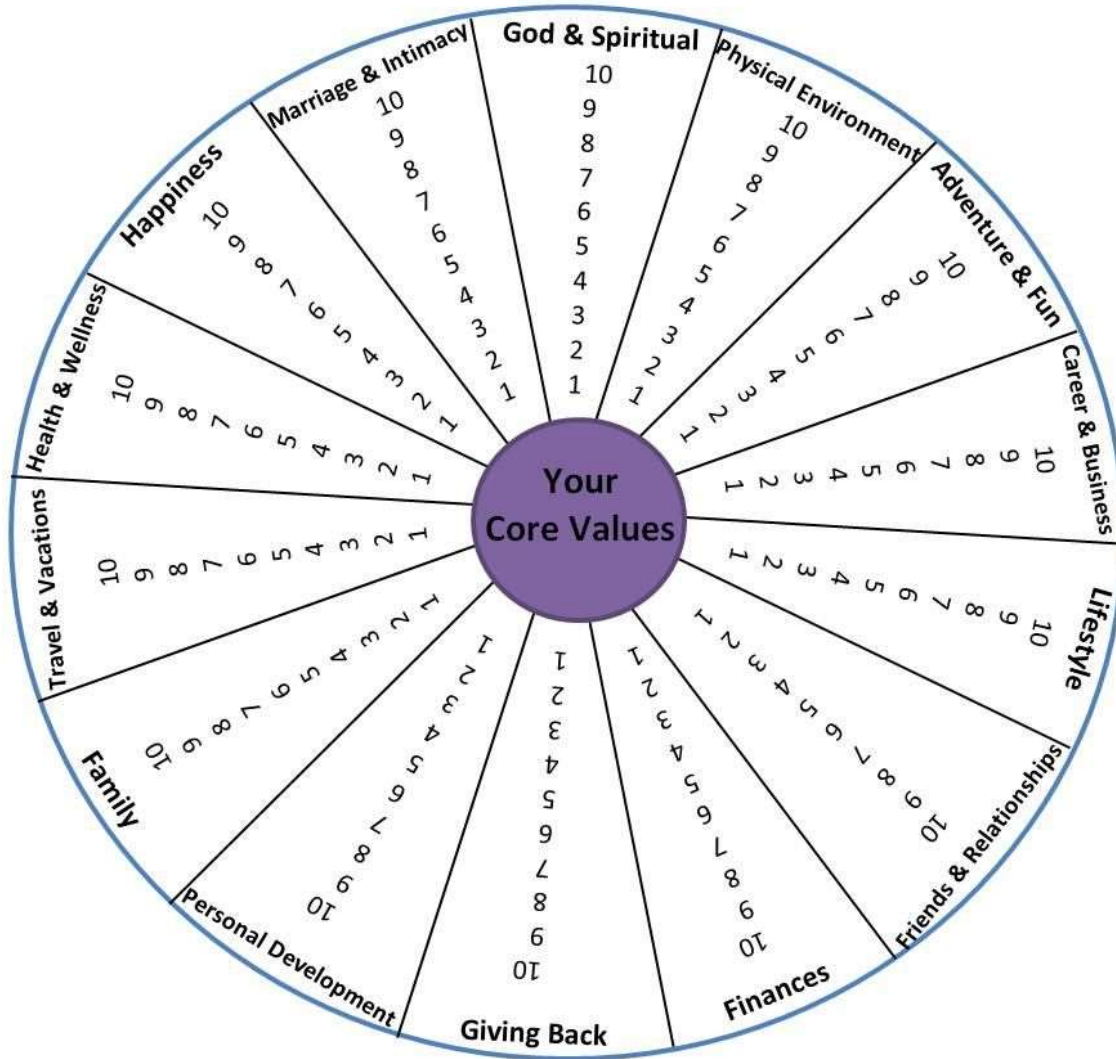
1. Very often we see that if the wheel is balance and low (ie a similar rating the whole way around), they would rate their happier than when there are some definite highs in the wheels but some definite lows.
2. Once completed it will give you some idea on where your goals must be focused, so that you can lead a more fulfilling and happier life.
3. This wheel should be done regularly to ensure that you continue to assess how you feel about everything. As you work through various aspects various ratings are likely change.
4. Very often there is a flow on effect, maybe your career is currently low, you review this area of your life and create some new opportunities, there may be a decrease or increase in other areas due to these changes. I like to do my wheel at least once every three months and when I am going through big changes on the 1st day of each month.
5. Sometimes it is great to see how someone else looks at our life, get your closest friend or partner to do the wheel on how they think that your life is going. Don't act in accordance with this however, but sometimes we have a lower opinion of our lives than those around us.



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Analysing your Results

1. Are there any surprises?

2. How does the wheel make you feel about your life?

3. In the areas which are low, ask yourself these questions.

a. How much time do you spend on this category?

b. What would make the score be a 10?

c. What would that look like to you?

d. How would that make you feel?

4. Which category would you most like to improve? It might not be the one with the lowest score, but one that means so much to you, and you know that you want nothing less than a 10, or you would be devastated if it fell any lower.



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5. How easy do you think it would be to improve that one area that you would most like to improve?

6. Do you have support to make changes in your life? Particularly in the area above.

7. If there was one thing that you could change, that you believe could affect multiple categories in your life what would that be?

8. How easy is it for you to make change to that the category above?



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One action for each category

(Don't overthink it or put too much detail)

Happiness	
Marriage & Intimacy	
God & or Spiritual	
Physical Environment	
Adventure and Fun	
Career & Business	
Lifestyle	



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Friends & Relationships	
Finances	
Giving Back	
Personal Development	
Family	
Travel & Vacations	
Health & Wellness	

After you complete this (keep it safe you will come back to it). I suggest that you return to the directory and go to the section that you have identified as being the one thing that you want to work on straight away. (See question 4) or the one thing that you have identified as something if you fix will work on other areas of your life (question 7).

Unless the task of these two is very difficult they will give you the best outcome, one you love, or two you fix multiple areas.