



Day 1: *Where are you now?*

Date: / /

Challenge for the next 7 days:

Get up **15 minutes** earlier from tomorrow morning – Use this time to listen to your One Minute Millionaire program.

complete the wheel of life

- 1) Review the 8-wheel categories – change or add a category if you think a different category would represent you better.
- 2) Draw a line across each segment that represents your satisfaction score for each area.
 - a) Imagine the centre of the wheel is 0 (very dissatisfied) and 10 (fully satisfied)
Draw a line and write the score alongside – see the example below.

EXAMPLE





