



THE WHEEL OF LIFE

SOLIFE PERSONAL DEVELOPMENT HUB





THE WHEEL OF LIFE

PART 1 - ASSESS YOUR CURRENT LIFE

When last did you take stock of your current life?

When last did you take a good hard look at all the parts of your life that makes up who and what you are?

Are you living a balanced life or are you spending too much or too little time & energy on certain parts of life?

If you are not living a balanced life, you will find it almost impossible to be satisfied with your life!

If you are not completely satisfied with life right now, it might be because there is something missing. I see life almost like a recipe. If you leave out one ingredient you won't get the same outcome.

Think about it;

- If you LOVE your job but don't earn enough money, you won't be satisfied.
- If you love your job and earn enough money, but you are unhealthy and don't feel good about yourself, you won't be satisfied
- A great job, money & health, but toxic relationships will lead to an unhappy life.
- You can have all of the above until you lose your significant other, and it will lead to an unhappy life.
- A great job without progress & growth, and you will be unsatisfied.
- A life with money and a great career but without making memories will leave you unsatisfied.

I think you get the picture...

The tricky part is to identify what is missing in your life right now. Unless you take the time to constantly re-evaluate your life, you won't know what part is out of balance or missing. If you want your life to be great you need to include just the right amount of "ingredients". Too much of one thing or too little of another and your life will feel unbalanced and you will be unsatisfied.

The wheel of life - personal life assessment tool is specifically designed to help you identify the "ingredients" in your current recipe of life, and then take stock of what you need more and or less of in order to create a balanced & happy life.

Let's start by evaluating these 8 areas of your life;

- | | |
|--------------------|---------------------|
| • Career | • Significant other |
| • Money | • Personal growth |
| • Health | • Fun & leisure |
| • Friends & family | • Home environment |

Now, answer all the questions below to create a "snapshot" of your current life.



CAREER.

One-third of your life is spent at work.

"How we spend our days is, of course, how we spend our lives." For many of us, a large portion of our days is spent at work; in fact, the average person will spend 90,000 hours at work over a lifetime.

It's safe to say your job can make a huge impact on your quality of life. If you are not completely satisfied with your career it will have a HUGE impact on how satisfied you are with life.

On a scale of 1 - 5: How happy & fulfilled are you at work?

A few things to consider before scoring:

- Are you passionate about your career or career path?
- Do you enjoy going to work in the morning?
- Do you enjoy the people you work with?
- Are you in this job/career to simply make a living or is this something you choose to do?
- What impact does your job/career have on your emotional state? (Positive or negative)

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5, how happy & fulfilled would you like to be at work?

1 2 3 4 5



MONEY

Yes, I know money is not everything in life, but it surely is something that most people either complain about or stress about. Financial stress can have a massive impact on your life. It can consume your mind and steal the joy out of everyday life. Financial stress prevents us from enjoying the moment and the true gifts of life. The problem is not the amount of money we have but rather the amount of stress we have because of money.

On a scale of 1 - 5: How comfortable do you feel about your financial situation - both present & future?

A few things to consider before scoring:

- How stressed are you about your finances every month?
- How much time do you spend thinking about your financial situation every month?
- Do you think you currently earn what you are worth?
- Do you believe you could have achieved more financial success?
- Do you think you will be able to maintain and grow your current lifestyle if you stay on this path?

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5, how comfortable would you like to be about your financial situation?

1 2 3 4 5



HEALTH

Your health is critical if you want to live a fulfilling life. How we feel about ourselves is quite often far more important than what we have. If we do not look after our health we might be missing out on so much in life.

What is the use of all the money in the world if we are not healthy enough to enjoy it? Why work to support your family if you are not healthy enough for your family to enjoy you.

Ask yourself this "If your closest loved one had to choose between your money and one more day with you, what would they choose?"

On a scale of 1 - 5: How satisfied are you currently with your health, wellness and the general state of your physical body?

A few things to consider before scoring:

- Does your health allow you to do the things you love doing?
- What would your life look like 10 years from now if you maintain your current lifestyle?
- How satisfied are you with your physical appearance at the moment?
- How comfortable do you feel in your clothes?
- How often do you compare your physical appearance with others

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: How would you like to feel about your overall health, wellness & general state of your physical body?

1 2 3 4 5



FRIENDS & FAMILY

Love is what makes the world go around. We are social creatures and we love to interact with others. Especially those we love. Our relationships with friends & family give meaning to our lives. Just think of the last time you had an argument with a friend or family member... it consumed your mind for days (if not weeks or months) and it stole the joy from everyday life. Having healthy relationships with the ones we care about is absolutely crucial to a happy life. If we don't, we will experience regret later in life. This is why we receive more flowers at our funeral than we do while we are alive.

On a scale of 1 - 5: How well would you rate the quality of your relationship/s with your friends & family?

A few things to consider before scoring:

- Are you satisfied with the amount of time you spend with your friends?
- How healthy is your relationship/s with your friends; (How do you feel after spending time with them?)
- Are you satisfied with the amount of time you spend with your parents and/or siblings?
- How healthy is your relationship/s with your parents and/or siblings; (How do you feel after spending time with them?)
- If applicable, are you satisfied with the amount of time you spend with your children?
- How satisfied are you with the quality of time you spend with your children?

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: How well would you like these relationships to be?

1 2 3 4 5



SIGNIFICANT OTHER

We were not made to be alone. There is a reason why it is called "Significant other". It is because our intimate relationships give significance to life. In life, we will most probably spend more time with our significant other than we will spend time alone or with friends & family. I think it is safe to say that this is one relationship we really need to look after. Just think of a past breakup you experienced. It was probably one of the most difficult emotional experiences of your life. It felt you lost a part of yourself..... because you did.

Your significant other is far more than just a physical relationship. He or she is intertwined with your own personal identity.

On a scale of 1 - 5: How would you rate the quality of your intimate relationship?

A few things to consider before scoring:

- How healthy is your current relationship with your significant other?
- How much do you enjoy each other's company when there is no one else around?
- How much quality time and effort do you invest in your relationship?
- Is your relationship in line with your opinion of a healthy relationship?
- Are you giving your significant other the love & attention they deserve?
- How often do you and your significant other take quality alone time?
- What is the prominent emotion you experience when you are with your significant other (Positive/negative)

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: What quality of relationship would you like with your significant other?

1 2 3 4 5



PERSONAL GROWTH

Progress is key to a happy life. In my opinion, this is probably one of the most important keys to happiness, yet often the most forgotten.

In his latest book, *Unshakeable*, Tony Robbins professes, "In fact, I can tell you the secret to happiness in one word: progress." In order to achieve the art of fulfillment, Tony Robbins advocates that the first step is that you must keep growing!

Have you ever achieved a goal you've been working so hard for only to find emptiness when you thought you would feel fulfillment? That's because true happiness is less about reaching your goal and more about making progress in all the areas of your life that are truly important to you.

On a scale of 1 - 5: How satisfied are you with your personal growth and progress in life at the moment?

A few things to consider before scoring:

- What have you done over the past 5 years to improve YOU?
- How does your current life compare to your life 5 years ago?
- What part of your life improved significantly over the past 5 years
- Do you feel like you are growing or stagnating in life?
- If you keep on growing at the current rate, what would your life look like 10 years from now?
- How satisfied are you with the 10-year projection of your life?
- Do you believe you are living up to your true potential?

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: How satisfied would you like to be with your personal growth?

1 2 3 4 5



FUN & LEISURE

To put it plainly, fun & leisure keep you sane amidst the stresses and demands of daily life. When we are having fun, we'll naturally feel happier. What's not to like about having fun when our elevated well-being aid in keeping us healthier in its own little ways? Besides, life is too short not to include fun.

Fun and leisure activities are the things we talk about and like to think back on. The fun things you did with your parents become your fond memories as an adult. These are the things you will think back to when you are at the end of your life. Not just the people that you've spent your time with, but the things you did and the memories you shared with those people.

Think about it: Life would be way too miserable if we wipe out and dismiss aspects of fun so willingly. On a scale of 1 - 5: How satisfied are you with the amount and quality of your fun & leisure in your current life?

A few things to consider before scoring:

- Do you have any hobbies or fun activities that give meaning to your life?
- How often and with what intensity do you practice these hobbies or activities?
- Are there things you dream of doing but constantly postpone because of money, time or any other reason?
- How often do you do something that you REALLY love doing?
- When last did you have a really good laugh?
- What is the one thing you do that makes you feel alive, and how often do you do it?

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: How satisfied would you like to be with your fun & leisure

1 2 3 4 5



HOME ENVIRONMENT

Your home is your safe haven. It is the place where you rest, build your relationships with your significant other & family and where you can just be yourself. A positive home environment is crucial for sustainable growth & progress. This is the place where you go to recharge your batteries before you face the stresses of life and work all over again. Surely we need to make sure that our home environment is healthy & happy. Feeling frustrated at home will start your day on the wrong foot, and nothing great can come from that. How well we start our day quite often determines how well we will end the day. If your home environment is not a happy, safe, organized or stress-free environment, you won't have the foundation to excel in other parts of your life.

On a scale of 1 - 5: How satisfied are you with your home environment?

A few things to consider before scoring:

- How much do you enjoy going home in the afternoon?
- How well do you rest when you are at home?
- Are you satisfied with how organized your home environment is, or are there things that frustrate you and feel out of place?
- What emotion do you feel when you have people over?
- Do you enjoy being at home, or do you constantly feel the need to get out of the house?

1 2 3 4 5

Now that you've rated yourself;

Imagine this was the score of a very close friend or loved one, what advice would you give them?

On a scale of 1 - 5: How satisfied would you like to be with your home environment?

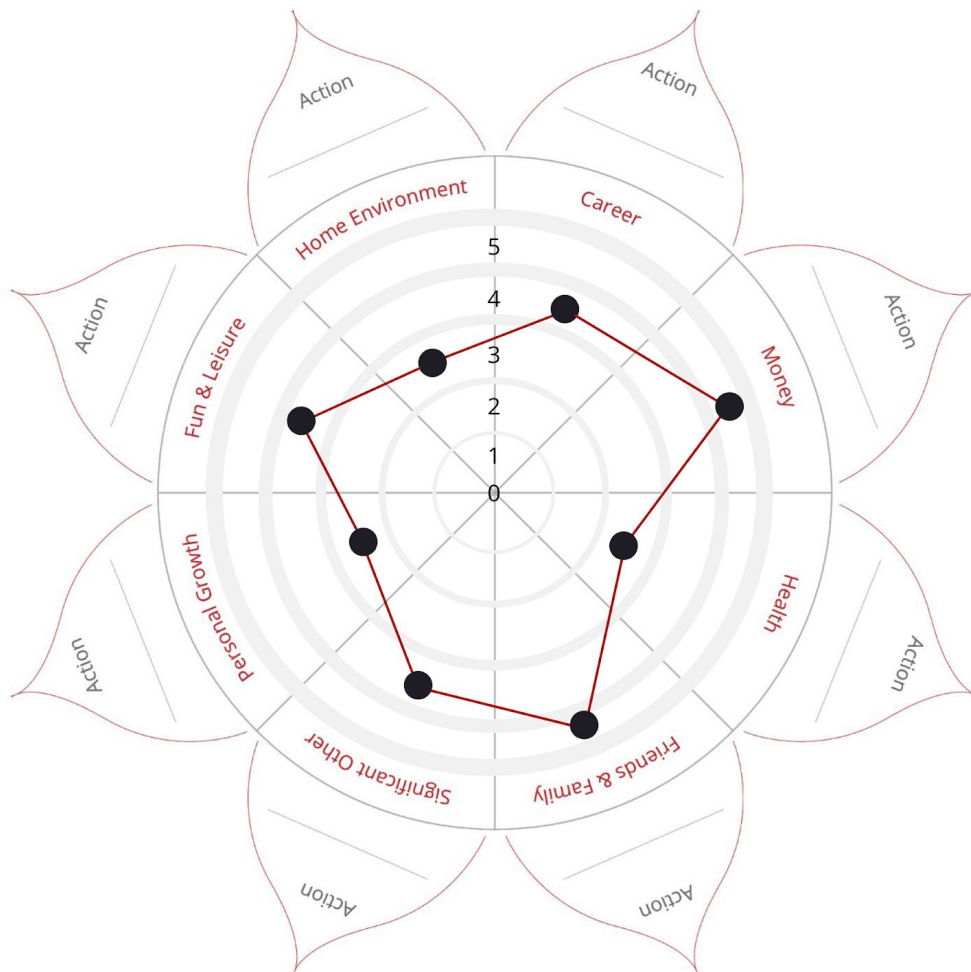
1 2 3 4 5

PART 2: CREATE A VISUAL REPRESENTATION OF YOUR CURRENT LIFE

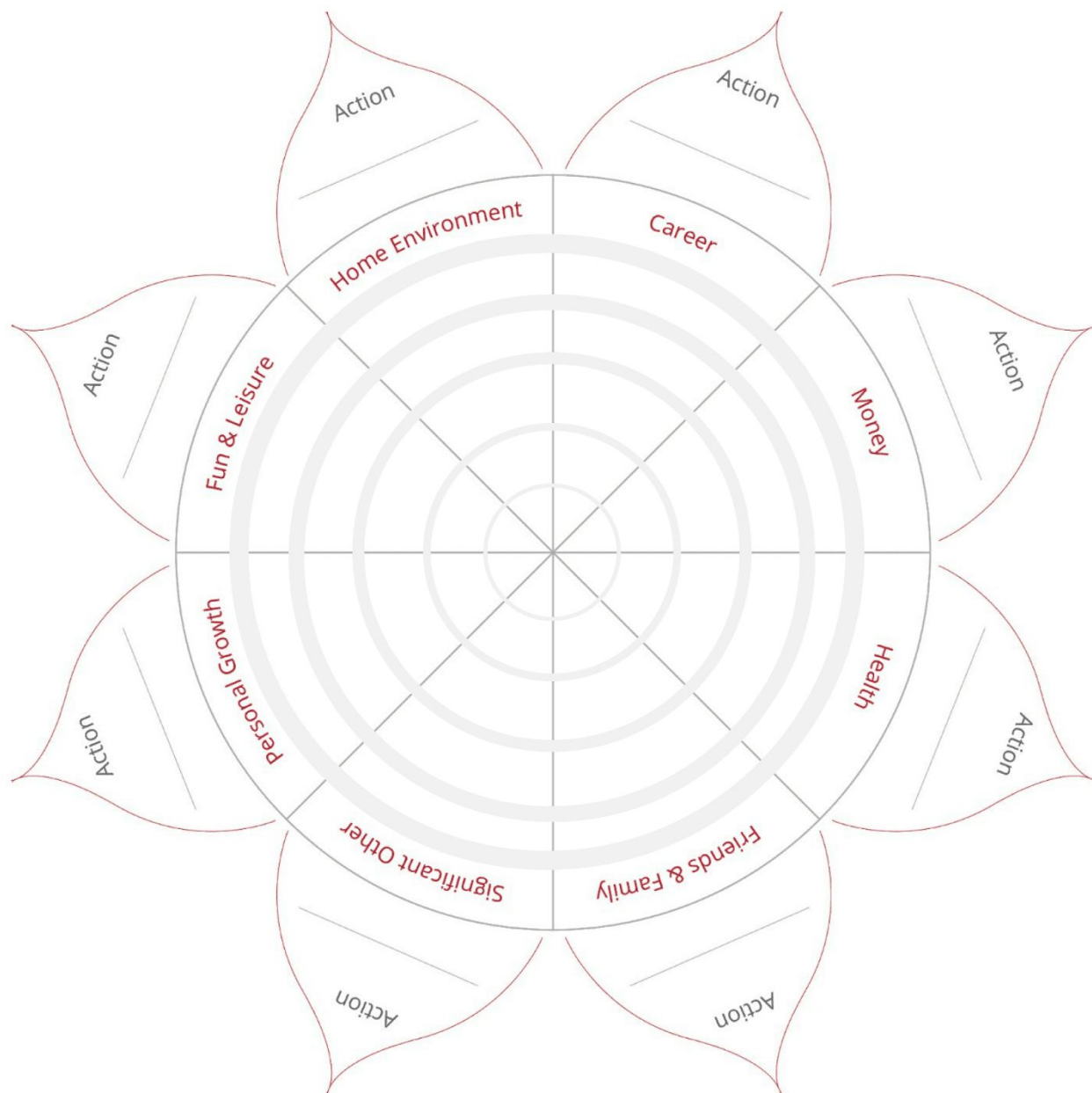
Take the score for each segment of your life and place it on the image below to create a visual representation of your current life.

- Imagine the center of the wheel is 0 and the outer edge is 5. (0 = very unhappy and 5 = couldn't be happier.
- Use the value you assigned for each segment above and place it on the wheel
- Draw a line across each segment that represents your happiness score for each area.

EXAMPLE:



COMPLETE YOUR VISUAL REPRESENTATION.





PART 3: REFLECTION

Now look at the visual representation of your current life and consider the following:

How balanced is your life at this moment?

Imagine if this was the shape of your car's wheels, how comfortable would the ride be.?

What seems to be missing in your life right now?

What have you been neglecting in your life?

If today was your last day on earth, would you be satisfied with how you lived your life?

What is the true price you are paying to live your current life?



What do you stand to lose if you choose NOT to make any changes to your life?

How important are these "thing/s" to you?

If it is that important to you, to what extent are you prepared to go to preserve these things in your life?

Which areas of your life would you say need attention in order to create a balanced & fulfilling life?

What would your life look like 10 years from now if you don't give these areas attention?

Considering all of the above, what action do you think you need to take?



PART 4 - ACTION:

“Success is the sum product of the small seemingly insignificant achievements repeated over and over again.”

Don't underestimate the impact of just a few small changes in your life. Success & failure is a slow process! We quite often get overwhelmed when we think of changing our lives, but we forget that the compound effect of just one small change can be HUGE in the long run.

A few years ago, I decided to start working on my physical appearance. I ended up losing 24 kg over a period of a year. Everyone wanted to know how I did it..... and here is the little secret. I stopped drinking sugar in my coffee. Jip... that is it!. I LOVE coffee, in fact, I drink about 10 cups a day if not more. I used to take 3 spoons of sugar in each cup of coffee. That is 30 spoons of sugar a day, 210 spoons in a week, 840 spoons in a month and a whopping 10 080 in a year! So I made 1 small change.... I stopped eating and drinking sugar. The result.... I lost 24 kg in one year.

The key thing is to just start by taking some action. Start small and build it up from there, but just take some action!!!!

Imagine you could improve each area by just 10%. Just imagine the big impact it could have on your life.

Now use the columns below to write down just one action you can take in each area, and the impact that one action can have on your life.

AREA OF YOUR LIFE	1 ACTION I CAN TAKE	THE POSITIVE IMPACT IT WILL HAVE 1 YEAR FROM NOW
CAREER		
MONEY		
HEALTH		
FRIENDS & FAMILY		



SIGNIFICANT OTHER		
PERSONAL GROWTH		
FUN & LEISURE		
HOME ENVIRONME NT		

On a scale of 1 - 10 (1 = very easy & 10 = very difficult), how possible would it be to apply all 8 of these actions for the next 12 months?

Now imagine that it is 12 months later, and you were disciplined in taking these actions, how much did your overall life improve?

In comparison to the amount of effort it would take, would you say it is worth it?

Compare the possibility of 12 months from now with your current life. How motivated are you now to start taking action?

**Write each action on your Wheel of life visual as a daily reminder to take the action.*