

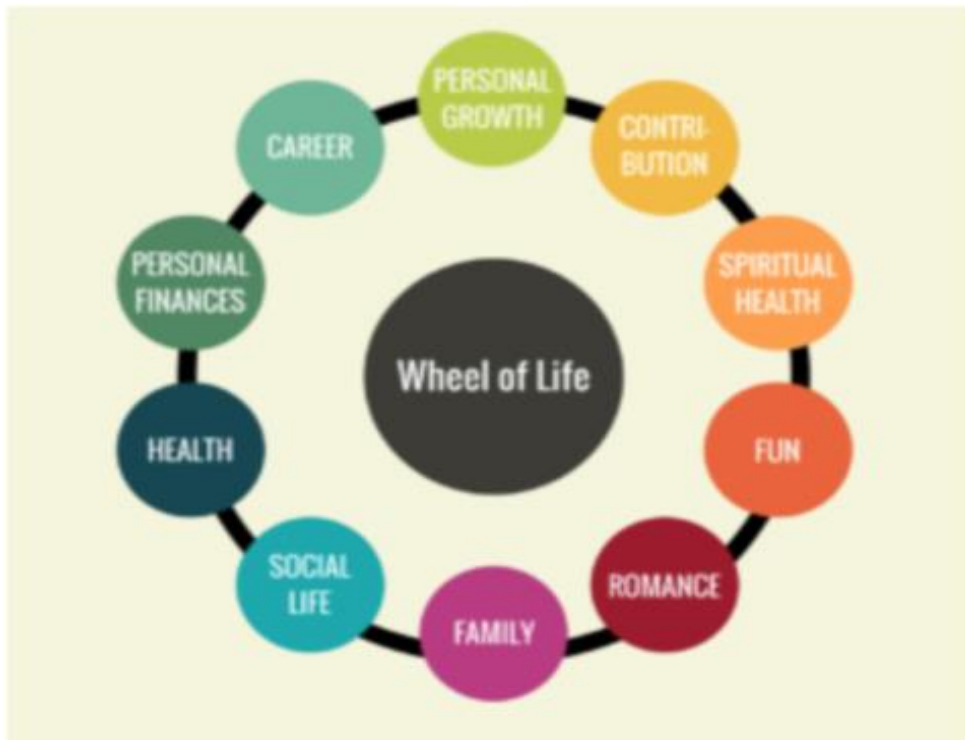
Wheel of Life

Name: _____

Date: _____

Review Date: _____

THE WHEEL OF LIFE



The Wheel of Life encourages you to consider all areas of your life and apply a Scorecard to each area - Scorecard 1-10 (1 being Low and 10 High meaning Positive)

What's a level 10? It might be different for everyone. Avoid the ego comparing to others or thinking you'll only be at 10 when you are queen or king of the planet and every human loves you. A ten is simply short hand for "I love it and I'm happy too if it increases." For example, you may be single and love it. You're dating, meeting wonderful people, having fun, and if it's not fun, you end as friends anyway. That could be considered as a Level 10 for you

Here are some examples on how to work on each of the section For example:

- **Spiritual** – This is your inner world. You experience inner peace, a sense of connection with all things, all is good. This has nothing to do with what's going on in the outer world. Words like hope, faith, optimism, enthusiasm come to mind. You are In love with Life and you love your Life when it's good or bad.
- **Career** – You are doing what you love to do. What Buddha called “Right Livelihood.” You bring love to what you do. It supports your heart's desire and supports others. It doesn't have to be “perfect”. You may have elements you could love if you weren't attached to things being different. Words like mission, vision, dharma, purpose come to mind.
- **Finances** – The expenses are paid by automatic accounting. Organized like a beautiful garden. You know where everything is, you're tracking the increase, and you are living a lifestyle you love. Again, watch out for the ego comparing you to Bill Gates or Oprah Winfrey and saying you're a zero. Do you feel abundant, knowing there is plenty to go around no matter what?
- **Physical environment** – You know what this means? The clutter around you is the clutter in your mind. Are you recognizing your Monkey mind and believing in this monkey mind? Your car, home, desk, clothes, everything reflects your inner world. Make sure they're organized, old things out, space for new to come in, just like your mind. At 10, you are attracting what you desire also.
- **Health and fitness:** Is Your health good or bad? What is your definition of Health? Which area of your body you wish to work on. You take care of your body with energizing food, regular exercise and meditation - you treat your body as a beautiful temple because it is!
- **Fun & recreation:** Are you playing? Really playing? Laugh a lot, be silly, and take out your inner child at least once a week. Dream! Take fun risks, overcome fears (like skydiving) or go for a walk on the beach.
- **Personal Development:** Read, listen to teachers, expand on who you are and exercise your mind and most importantly knowing Thyself. You

don't do this because you need to but because you really love expanding. This can also tie it in with your Spiritual development

- **Friends:** Do you have close positive friends who cheer you on or friends who drain your energy? Are you adding new friends and colleagues regularly? Are you stretching the kinds of people you meet to expand yourself? How about your lovelife, are you entertaining a good, bad or even a toxic relationship?
- **Family:** Do you look forward to being with your family or are you holding grudges still? Do you let them be themselves, with no need to change? No one has a perfect family. If we can change our perspective towards them accepting them as they are and seeing (their good/bad) only as "their conditioning" then we are practising unconditional love.
- **Significant Other:** You look forward to their company. Smile when you think of them. Even if you're single, you are mingling, having fun, enlightening those you meet.

I hope you have fun with this

All the best

Chantal

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