




Wheel of life

+ 1 GIFT INSIDE

W O R K B O O K



LIFE | BUSINESS | CAREER | HEALTH



“IF YOU HAVE A DREAM,
DON'T JUST SIT THERE. GATHER
COURAGE TO BELIEVE THAT YOU CAN
SUCCEED AND LEAVE NO STONE UN-
TURNED TO MAKE IT A REALITY.”

DR. ROOPLEEN

INTRODUCTION

Before diving in the discovery of your present life, I'd like to congratulate you on making this huge step towards changing your life by downloading this short handbook. At this moment, you've arrived at a crossroads, which will influence the rest of your life: you can opt for doing everything the way you used to, or you can choose the path of self-recognition and self-development.

This exercise book aims to help you depart on this journey.

Have you ever felt like that your life is not going in the direction you want, in spite of all your efforts? Or that something is not OK with your life, but you don't really know what is that exactly?

I have good news for you: you are not alone and there is a solution.

Every now and then we arrive at a stage of our lives when we feel the need for a change. If you're here reading this, that means that you're ready to take the first steps.

The wheel of life is a simple, quick and effective tool to discover the present state of your life.

How does it work? With the help of the questions, you'll acquire a deeper understanding regarding the different aspects of your life.


At first, please, read the instructions. I suggest you spend some time on each of the aspects, don't hurry
- this is YOUR life, it is about you, exclusively.

I wish you the best through this discovery!

Make your dreams come true,

Adri





“HAPPINESS LIES IN THE
JOY OF ACHIEVEMENT
AND THE THRILL OF
CREATIVE EFFORT.”

FRANKLIN D. ROOSEVELT

T H E P R E S E N T

Task

Print the image of the Wheel of Your Life on the next page.

Go through all of its parts with the help of the questions and rate them according to your answers. Use a scale of 0-10, where 0 is the worst and 10 is the ideal status. How satisfied are you with your current state? Write it down!

Mark each part with a point and connect them.
If you prefer colouring and making the experience a bit more visual, colour each sector according to your satisfaction, similarly to the point system.

When you're ready and see an unsatisfactory area, go to the Second Part, where you will find more questions to help you map the ideal state, and discover what you have to do today to elevate that aspect of your life to the next level.

Important!

This is all about You! To fill in the chart, create circumstances that will really get you in the mood. Some tender music and relaxation can help you prepare.

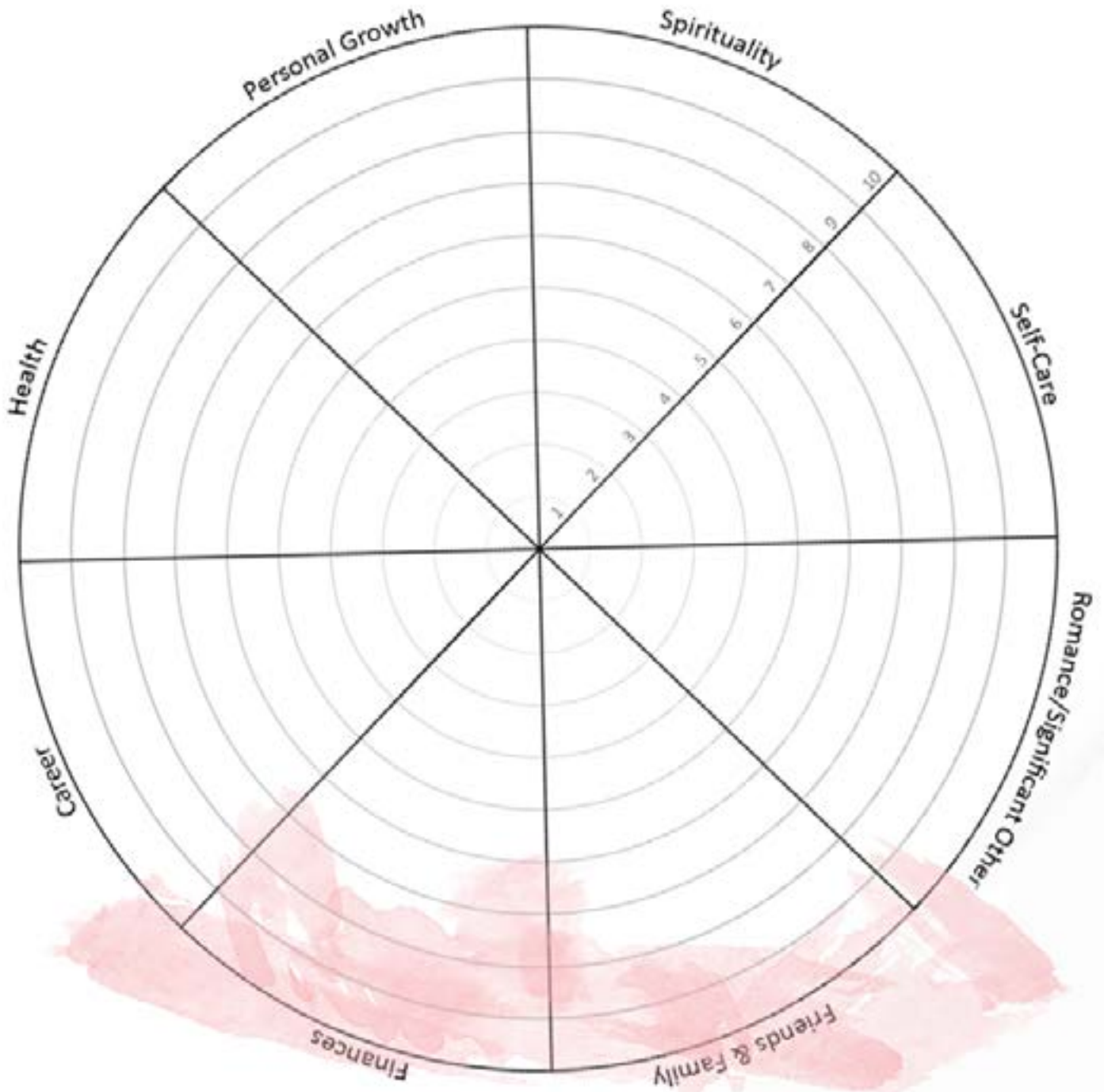
Try to look at each of the aspects "from above", and don't let that days' events influence your answers.

It is important to emphasise that it's only a temporary state, which you can always change, even right now.

If you don't like the figure you see, don't be sad! Be grateful for seeing it clearly and knowing both your point of departure and destination.

Let's begin...

THE WHEEL OF
YOUR LIFE



QUESTIONS FOR MAPPING

Health

This part will show you how satisfied you are with your state of health.

- Do you follow a healthy diet and do enough exercise (3 times per week at least)?
- How is your energy level?
- Do you sleep well? Do you sleep enough? Do you have time to rest?
- Do you feel strong and flexible?
- Do you handle stress easily?

Personal Growth

This area is about learning, about self-development.

- Do you read and spend time on learning often?
- How often do you try to leave your comfort zone for the unknown?
- How determined you feel you are in terms of self-development?
- Do you meditate daily?
- Do you set goals and try to reach them?

Spirituality

It is more and more common to turn to the spiritual doctrines in modern society.

- How strong do you think this aspect of your life is?
- Do you meditate daily?
- Do you use reinforcements or prayers?

Self-Care

Self-care is a dominant part of our physical and spiritual well-being. How good are you at this?

- How much time do you dedicate to yourself daily?
- How is your relationship with yourself? Do you love yourself?
- When was the last time you did something just because you wanted to?
- Is the voice in your head positive? Does it support you? Or is it rather negative?
- Do you know the needs of your body, what will make it healthy?

QUESTIONS FOR MAPPING

Significant Other

This aspect covers your thoughts and feelings about your relationship.

- How do you rate your love life and your relationship?
- How strong is the trust in your relationship?
- How much support do you give each other?
- Does your partner love you in a way that supports you to be your best?
- Do you know your partner's love language

Family and Friends

Family relations play an essential role in self-development, for this is the first scene of our social learning; then come friendships and the society.

- How do you rate your family relations?
- How is your relationship with your friends?
- Do you often see your loved ones?
- Do you often see your friends and spend time together?
- What kind of a friend do you consider yourself? Can others count on you?

Finance

The modern society has made money, financial freedom an essential element of a balanced life. And many times this is the factor that's responsible for the imbalance as well.

- Is your hard work fairly compensated?
- Do you have savings to build upon?
- How do you manage your income and expenditures?
- How many types of sources of income do you have?
- How healthy do you think your financial life is?

Career

Do we live to work? Do we work to live? Neither? Both? What would your career say about you?

- Do you have career plans? Are you heading in the direction you want to?
- Do you think your work is exciting? Are you happy when you go to work each morning?
- Can you accomplish yourself in your work? Can you exploit your strengths through your work?
- How satisfied are you with the balance of work – private life?
- Do you create value through your job?

What do you think now that you have had a look at the current state? Are you satisfied or is there a place for improvement?

If you would like to take steps to improve your life, I would like to encourage you to get in touch with me via one of my contacts.

THE FUTURE

I encourage you to answer the following questions

Why did you give those answers and assign those scores to the certain aspects?
What would the ideal state be that you would rather see instead of the current one?
Which aspect will you focus on next?

The change starts when you determine yourself to act. So, establish one rule in each of the following aspects based on the Wheel of Your Life:

Aspects	The main goal of this aspect	Possible difficulties	Knowledge, skills you may need	Deadline
Health				
Personal Growth				
Spirituality				
Self-Care				
Significant Other				
Family and Friends				
Finance				
Career				

The following questions can help you fill in the table

What kind of change would you like to accomplish?
How will you know when you have reached your goal?
What is your motivation? What do you like doing, what are you interested in?
What are you really good at?
Are you aware of your limits?
How would your life be if you reached 10 points in that certain area?
What are you most proud of in your life so far?
What kind of compromise would you make in order to reach your goal? What would you never ever give up?

+ 1 GIFT IDEA

Diary

It is proven by researches that keeping a diary has positive effects on the soul. Nevertheless, it is not the frequency that brings you success but writing down and getting rid of the pain, the doubts, the questions we have...

And of course, we can put down our positive feelings, plans, dreams and goals on paper as often as we like.

According to experts writing in your diary is most effective in two moments: after waking up, because then the subconscious is still awake and it is not influenced by our conscious beliefs, and right before falling asleep, for that the thoughts written down or read at that moment will go directly into the subconscious mind.

I suggest you give yourself 22 days to write each day just a bit, one or two thoughts are enough. Observe how your mood changes!

Will you give it a go?

Each day you can answer the following questions:

What am I grateful for today?

What is the one thing at least that has made me happy today?

What have I been good at today?

What could I do to perform better tomorrow?

What would I do differently if I could live this day again?

What is my most important goal for which I will take steps again tomorrow? Which step will I take for that tomorrow?

INTRODUCTION


Hi, I'm *Adri Berez*, a certified coach, NLP Master Practitioner and Energy healer.

I help women like You to overcome negative beliefs so they can find and reconnect with their true self, perform and be at their best.

My mission is to help to get from "I am not enough" to *unshakeable confidence and to live the life You've imagined.*

I believe that everything You need for a successful and happy life is already within You, you just need to take the effort to discover it.





THANK YOU
FOR
READING!

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