

THE WHEEL OF LIFE GUIDE

The *Wheel of Life* is a tool to help you map out your life based on some key areas. These areas are family, social, physical & health, intellectual, career, spiritual, and financial.

Using the Wheel of Life:

Step 1:

- ◆ On a scale of 1 to 10, score yourself in each of the 7 areas stated above based on where you believe you stand.
- ◆ Plot each score on the wheel accordingly, using a unique colour.

Step 2:

Fill out the questionnaires attached for each of the 7 areas with the following in mind:

- ◆ An activity is Y if you do it at least 60% of the time
- ◆ Assessing yourself, if you would want to do more of an activity, choose "+"
- ◆ If you wish to do less of an activity, choose "-"

Scoring Yourself

- ◆ Each "Y" is 1
- ◆ Each "N" is 0
- ◆ Multiply the total by 0.66 to get your score out of 10.

Example

If you tick "Y" 7 times in social, your score for social becomes $(7 \times 0.66) = 4.62/10$

Having derived your new (and actual) scores for each category, plot them on the same wheel. Use a different colour to help distinguish between the initial diagram and the new.

Remember:

These questionnaires do not only help to figure out your current position but serve as a guide to improve the various aspects of your life.

You have taken the right decision to test out the Wheel of Life and improve your life one area at a time. Let the journey begin!

INUNU

mwusu-Achau

1 FAMILY

1	I communicate openly with my family.
2	I am a good example to my family.
3	I verbally express love and affection for each member of my family.
4	I compliment and uplift my family.
5	I spend one on one time with my family.
6	I keep promises made to my family.
7	I am proud of each member of my family.
8	I regularly praise each member of my family.
9	I exercise my role with kindness, patience and understanding.
10	We plan for holidays and sponteneity together as a family.
11	I teach my family correct principles.
12	We have defined rules and duties in our home.
13	We are selective in our television viewing as a family.
14	I honour my parents/guardians in love and not in anger.
15	I allow members of my family to hold beliefs that are different from mine.

Y	N	+	-

List below the actions you intend taking to improve your family life

2 SOCIAL

1	I can be myself in any environment.
2	I compliment others easily.
3	I do not trade my values for popularity.
4	I seek to understand and then to be understood.
5	I have hobbies I engage in regularly
6	I am punctual.
7	I am usually the first to say hello.
8	I gossip about others.
9	I remember birthdays, anniversaries and all special days.
10	I know my neighbours.
11	I have a good sense of humour.
12	I make time for social activities.
13	I am not afraid of committing to relationships.
14	I am fun to be with.
15	I always keep my commitments.

Y	N	+	-

List below the actions you intend taking to improve your social life

3 PHYSICAL & HEALTH

1	I eat a healthy breakfast.
2	I maintain a low fat and low sugar diet.
3	I restrict my alcohol intake.
4	I have clearly written down goals with regard to my health.
5	I get a good night's sleep (6-8hrs).
6	I have regular dental check-ups.
7	I have regular health check-ups.
8	I regularly engage in relaxation techniques.
9	I make sufficient time for the sports I enjoy.
10	I have a good understanding of my nutritional needs.
11	I think that smoking is bad for my health.
12	I am relaxed and remain calm under pressure.
13	I have high energy and vitality.
14	I enjoy reading health magazines and books to keep in touch with current ways to excel.
15	I drink enough water each day.

Y	N	+	-

List below the actions you intend taking to improve your physical well-being and health

4 INTELLECTUAL

1	I read good uplifting books.
2	I am well educated.
3	I attend training courses and seminars.
4	I have a thirst for knowledge.
5	I have a reading/learning schedule.
6	I am computer literate.
7	I can speed read.
8	I am open to learn from all people.
9	I am creative in my endeavours.
10	I have a good memory.
11	I am a curious person.
12	I seek to improve my vocabulary.
13	I am learning a new language.
14	I enjoy the arts and the fine things in life.
15	I enjoy hobbies and cultural interests.

Y	N	+	-

List below the actions you intend taking to improve your intellectual life

5 CAREER

Y	N	+	-

1	My career affords me the opportunity to grow and develop.
2	My career affords me the lifestyle that I want.
3	I have clearly written down goals to increase my leadership performance.
4	Our team has a clear vision with a strategic plan of action for its achievement.
5	I take personal responsibility to ensure that all team players know, understand and are working towards the team visions.
6	I believe that each of my team players knows what I expect of them.
7	I am knowledgeable in my field of work.
8	I invest time in my relationships at work.
9	I am comfortable giving feedback.
10	I am comfortable receiving feedback.
11	I hold my team players responsible for results.
12	I am consistent with what I say and do.
13	I make my team players feel that they are important to the success of the team.
14	I give real opportunities to my team players to learn and develop.
15	I believe that I am a good example and role model to my team.

List below the actions you intend taking to improve your career

6 SPIRITUAL

1	I am humble and teachable.
2	I pray for over 30mins a day.
3	I am directed by good rather than by pleasure.
4	I give more than is expected of me.
5	My religion is important to me.
6	I fast for 12 or more days a year(at least once a month).
7	I value other people's beliefs.
8	I will say I am content with what I have.
9	I constantly strive to become a better person.
10	Honesty and integrity are priorities for my daily conduct.
11	I do good, without seeking the praise and honour of others.
12	I forgive freely and do not hold grudges.
13	I am directed by my values when making decisions.
14	High morals are important to me.
15	I have committed more than 15 verses to memory.

Y	N	+	-

List below the actions you intend taking to improve your spiritual life

7 FINANCIAL

1	I feel peaceful in regards to money.
2	I currently have investment account(s).
3	I currently earn enough to live comfortably on.
4	I carefully consider if I can afford an item or activity before going for it.
5	I set long term financial goals and strive to achieve them.
6	I tend to live for today and let tomorrow take care of itself.
7	I have too much debt right now.
8	I currently have a spending and savings plan which I follow diligently.
9	My parents or guardians taught me how to manage my finances.
10	I have had financial management education in school or some other social circle.
11	I have multiple streams of income.
12	I prepare budgets and live strictly by them.
13	I have a retirement scheme or pension fund.
14	I wish I could go back in time to correct certain financial decisions.
15	I believe I am responsible for the future outcome of my finances.

Y	N	+	-

List below the actions you intend taking to improve your financial life

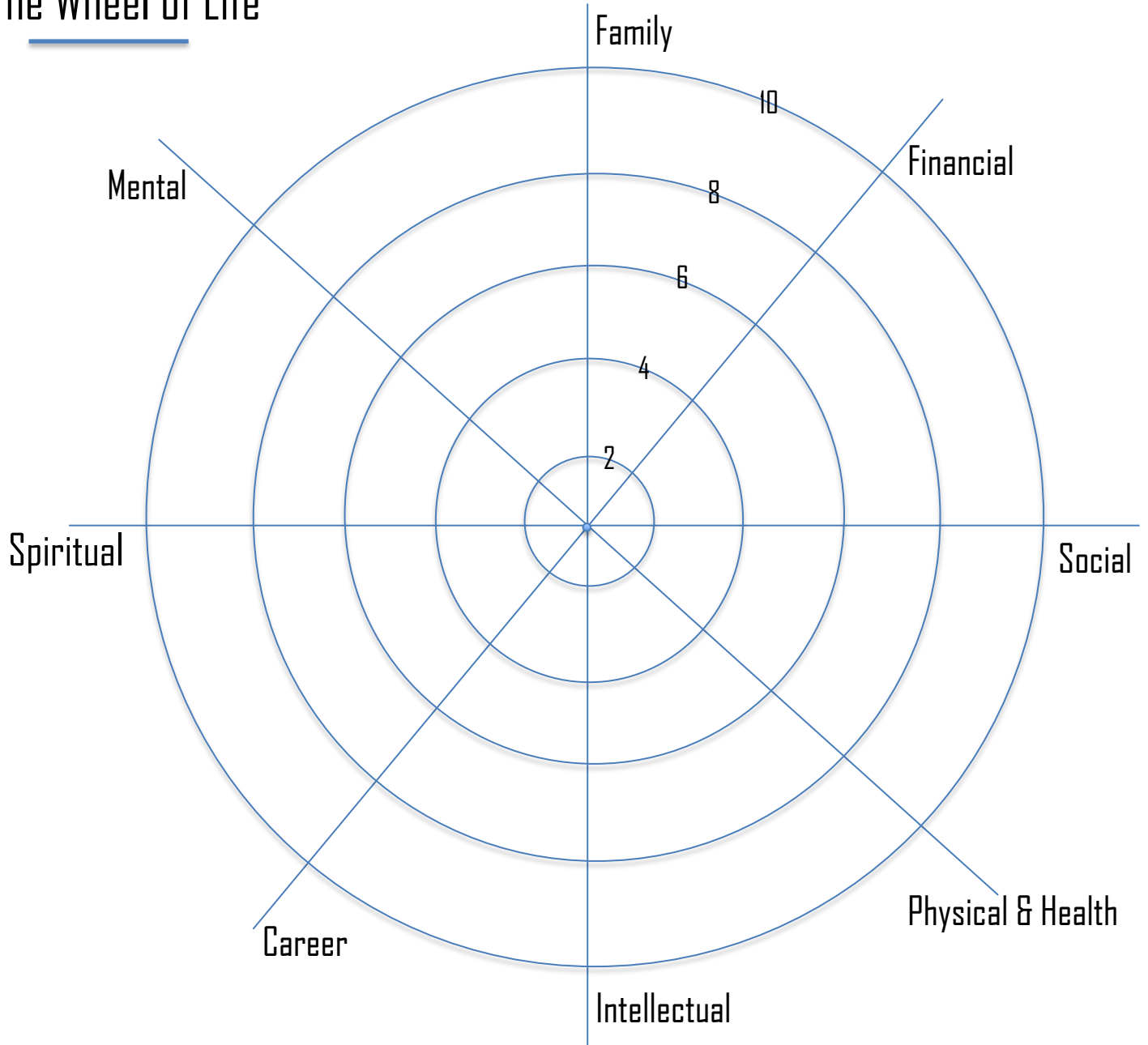
8 MENTAL

1	I am able to spend time with myself comfortably.
2	I believe I am responsible for the thoughts that come to mind.
3	My friends will consider me a happy person.
4	I am able to spend some time away from screens (phones, pads, laptops, etc).
5	I can clearly articulate a plan for my life.
6	I tend to live for today and let tomorrow take care of itself.
7	I am easily stressed out.
8	I currently have a social media plan which I follow diligently.
9	I know enough about mental health.
10	I have taken a mental health examination before.
11	I believe I have my life figured out.
12	I love my 8-hour days.
13	I am excited to wake up each morning.
14	I sleep 6-8hours a night.
15	I believe I am responsible for who I become.

Y	N	+	-

List below the actions you intend taking to improve your mental health

The Wheel of Life



Category	Pre- Questionnaire Score	Post- Questionnaire Score
Family		
Financial		
Social		
Physical & Health		
Intellectual		
Career		
Spiritual		
Mental		