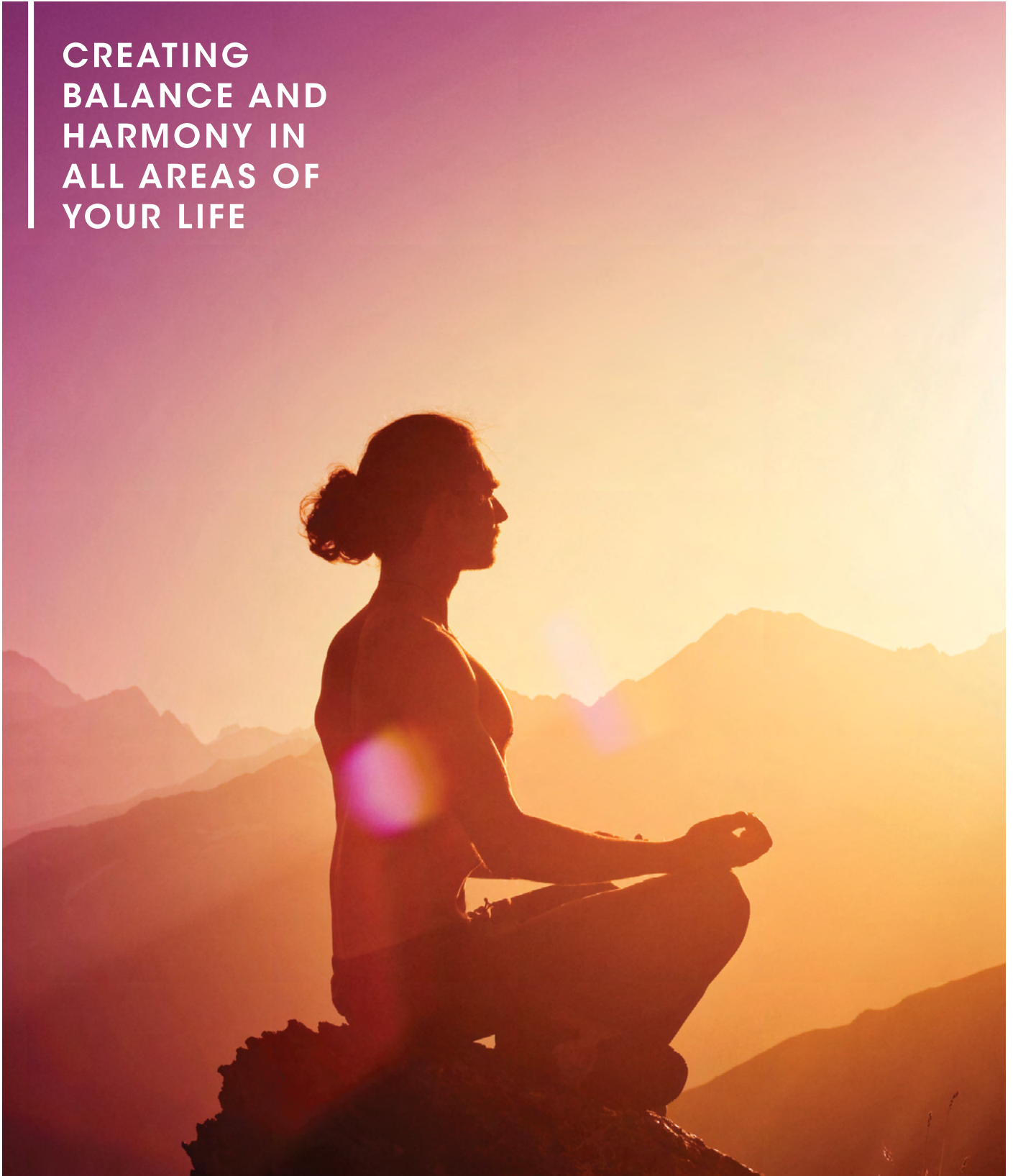


WEALTH WHEEL

OneLife
It's all about lifestyle

CREATING
BALANCE AND
HARMONY IN
ALL AREAS OF
YOUR LIFE



1300 365 590 | events@onelife.com.au | www.onelife.com.au



WELCOME TO YOUR WEALTH WHEEL!

We hope you enjoy your free gift of the Wealth Wheel! When we refer to wealth we are referring to it in the much broader sense of the word. For us wealth is so much more than money, it means having an abundance of ALL the things that bring you joy in life, love & connection, spiritual growth, health and wellness and of course a harmonious balance too.

When life gets busy, or times of stress arise it is easy to fall into 'doing mode' and lose sight of your goals and dreams, so if that sounds like you or you would like to review your goals and dreams then the Wealth Wheel is an awesome tool for you.

The Wealth Wheel is a great exercise and tool for helping you create more balance and success in your life. It is a great foundation exercise when goal-setting and refocusing.

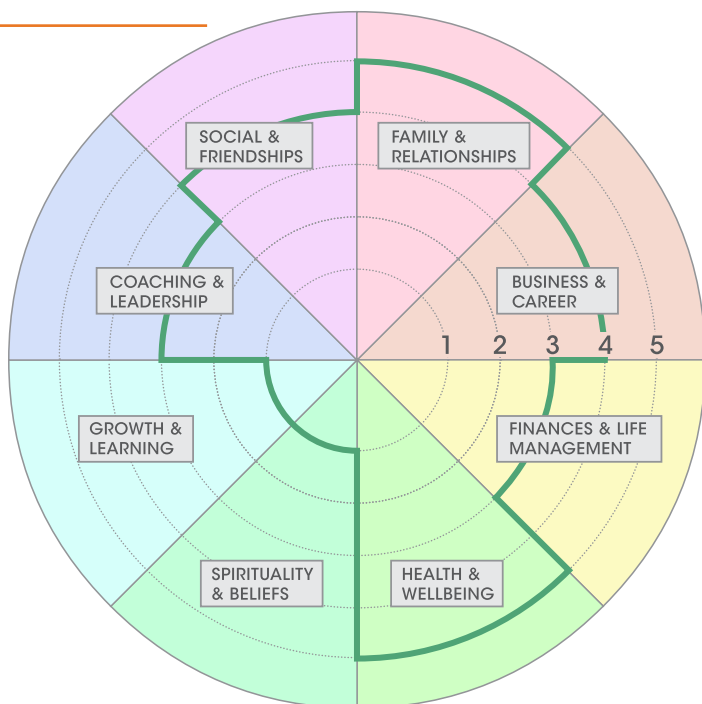
Let's take a look at all aspects of your life...

1. Health & Wellbeing
2. Finances & Life Management
3. Business & Career
4. Spirituality & Beliefs
5. Coaching & Leadership
6. Family & Relationships
7. Social & Friendships
8. Growth & Learning

Wealth Wheel allows you to take a "birds-eye view" of your life, and ultimately work towards creating balance in all areas. Nine times out of ten, when life gets "busy" or all of our energy is focused on one thing, it's easy to feel off balance and let important things in life slip by, be it our health, relationships or money.

While discipline and focus is needed if you're going to complete things, taking this too far can lead to frustration.

This is where the Wealth Wheel comes in. Used often by mentors and coaching professionals, it allows you to consider each area of your life in turn and assess what's off balance and needs more attention.





THE PROCESS

- 1** Start by brainstorming the 6 to 8 dimensions of your life that are important for you. Different approaches to this are.
 - The roles you play in life for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend.
 - Areas of life that are important to you for example: artistic expression, positive attitude, career, education, family, friends, financial freedom, physical challenge, pleasure, or public service.
 - Your own combination of these (or different) things, reflecting the things that are your priorities in life.
- 2** Write these dimensions down on the Wealth Wheel diagram, one on each spoke of the life wheel.
- 3** This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So the next step is to assess the amount of attention you're currently devoting to each area.
- 4** Consider each dimension in turn, and on a scale of 0 (low) to 5 (high), write down the amount of attention you're devoting to that area of your life. Mark each score on the appropriate spoke of your Life Wheel.

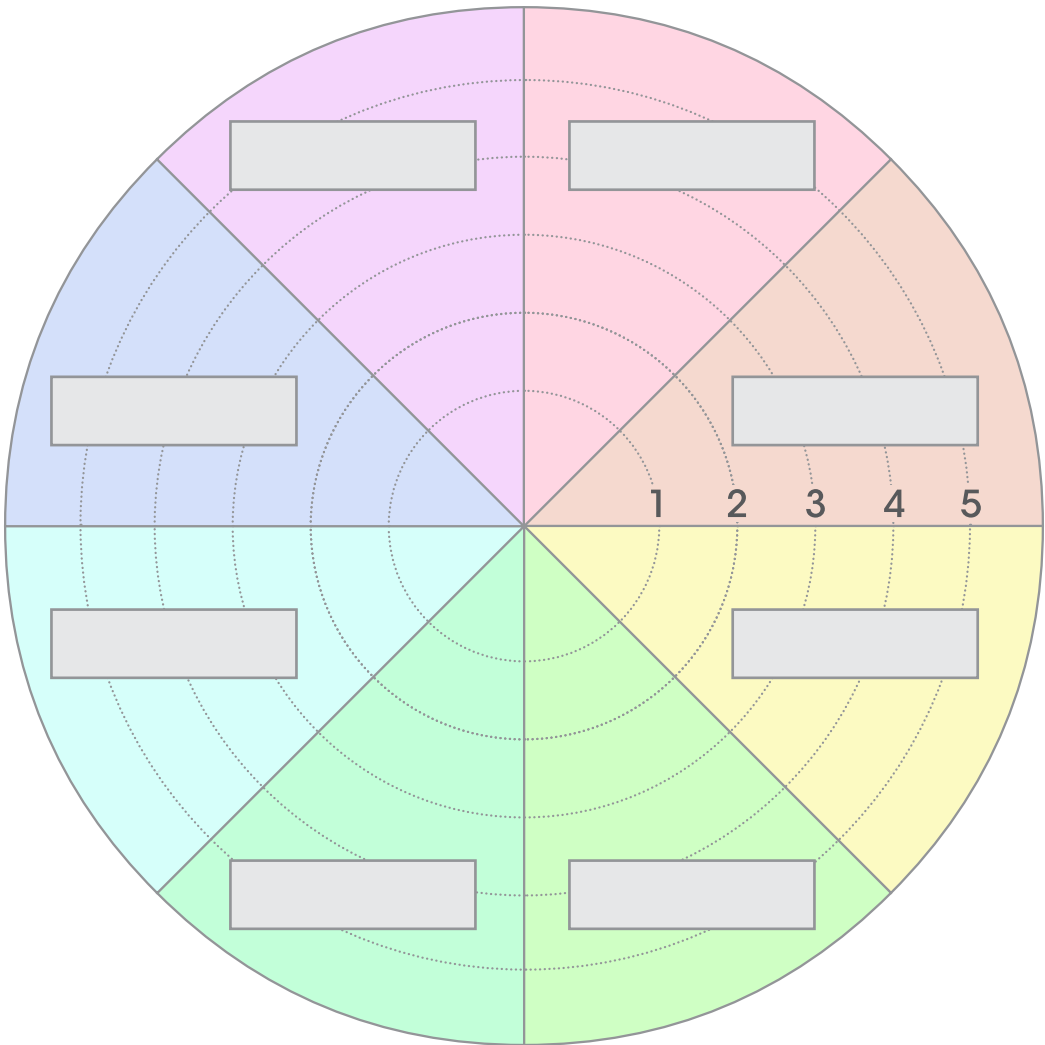
Now join up the marks around the circle. Does your life wheel look and feel balanced?
- 5**
- 6** Next it's time to consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply!
- 7** So the question is, what would the ideal level of attention be for you each life area?
- 8** Plot the "ideal" scores around your life wheel too.
- 9** Now you have a visual representation of your current life balance and your ideal life balance. What are the gaps? These are the areas of your life that need attention.
- 10** And remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you'd like. However there may also be areas where you're putting in more effort than you'd ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.
- 11** Once you have identified the areas that need attention, it's time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you STOP doing or reprioritize or delegate to someone else? Make a commitment to these actions by writing them on your goal card.



WEALTH WHEEL TEMPLATE

The Wealth Wheel will not take very long however gives you a definite answer as to where you are investing your time and energy.

Identify if that time could be more balanced and if so set the intention down on your goal card and read them every day.





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