



WORKBOOK

IDENTIFY YOUR CRITICAL SIDES

Module 1- Physical

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Best wishes,

Maryia Oayda

INTRODUCTION

IDENTIFY YOUR CRITICAL SIDES

TO BE USED ONLINE & OFFLINE

"Wheel of Life" is an exercise where each area of your life is mapped out on a circle, like the spoke of a wheel. It gives you a clear visual picture of where your life is thriving – and the areas that could use a little more work.

Now, take a look at your life as if it had six areas that you have decided are critically important to constantly improve. Think of them as spokes in a wheel. If the center of the circle represents 0%, and the outside of the circle represents 100% of where you want to be in that specific area of your life, where are you currently in each area?

In the circle provided, place a dot within each section to mark how satisfied you are with that area of your life. A dot placed towards the center of the circle indicates dissatisfaction, while a dot placed towards the outside indicates happiness. 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. Consider each dimension in turn, and on a scale of 0 (low) – to 10 (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 "Wheel of Life". Please place a dot in all areas, all are required.

The crucial step here is consciousness. Once you see your weak areas and strong areas, you can get honest with yourself about what needs to happen for you to create the life of your dreams, and then take action and get the support you need to get there. Remember you are in control of your life and your future, not anyone else.

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