

Wheel Of Life

New and exciting to work with.
Features 144 questions designed to inspire
creative thinking and unleash powerful insights
Includes free templates.

Re-align personal and business values
and goals to unlock more of your potential.

See also: Upshiftpreneur Business Blueprint For Success
www.upshiftpreneur.com AND www.fileoflife.net

Wheel of Life

Susan Haywood

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About The Author

Susan was born with a passion to understand and experience as much as she could about the exciting world around her. She always knew she would run her own businesses and started preparing from an early age.

While still at school, she worked in different departments in well-known retail outfits to learn about retail trading and dealing with customers hands-on. She also spent many months working for a small recruitment agency where she was able to get experience in all aspects of the business. While she read for her degree in Journalism and Honours in Psychology, she was the editor of the University student newsletter and assisted Professors with work they were doing for their Doctorates.

Armed with two degrees and lots of enthusiasm, she was hired as the manager of a branch of a clothing retail chain to get the store back into profitability. With this elegantly achieved, she entered the male-dominated world of hi-tech speciality products to manage marketing, advertising, publicity campaigns, events and product launches for a JSE-listed company. This proved the ideal launch pad to go on to be the editor of a publication which reported the financial results and performance of companies listed on the stock market.

Susan got itchy feet for something new so she created an advertising agency which would pretty much cater for every platform except tv i.e. from coming up with a name, logo and corporate identity to producing newsletters, advertising campaigns, outdoor signage, press releases, publicity campaigns and product launches. The cherry on the top was when her agency was awarded the privilege and responsibility of producing the Annual Reports for many of the companies she had spent time with during earlier years!

Susan relocated from Gauteng to the Cape and established a chocolate factory which gained a reputation for producing top quality products in a unique and novel way. A range was created to promote tourism within South Africa, for the hospitality industry to use as turndown treats, for businesses to promote themselves and for the celebration of birthdays and events. The factory also supplied chocolates to the South African government and Air Botswana! The company went on to be featured on television and the business was sold seven years later.

Rich with a life-time of experience, Susan turned her focus to helping people to overcome problems they were experiencing in their businesses and personal lives. She obtained an internationally recognized (ICF) masters as an "inner life skills" life and business coach. She works on a one-to-one basis or with groups to assist people in achieving their goals and reaching their highest potential. This involves anything from overcoming lack of confidence and self-esteem; to managing conflict and anger issues; to dealing with a life-changing illness or death; to birthing a new business; and to dealing with issues which arise every day or during times of growth or change. Susan has also conducted workshops teaching staff and academics to master the art of mentoring at the University of Cape Town. She was an executive committee member of a Homeowner's Association and editor of a community based newsletter.

Susan is the author of the coaching-based online UpShiftEntrepreneur Business Blueprint For Success. It is a comprehensive training resource for those who are starting a new business or growing/restructuring an existing one.

She is also the author of the online BeforeISleep File of Life Portfolios which were created to help people to organize and keep all their important information and paperwork safely in one place and up-to-date for p[ea]ce of mind on a daily basis. Furthermore, this is vital and something needed by all who have assets because it is a nightmare for loved ones left behind when one passes on one day, to have to rummage through all of one's belongings to search for documents required by a deceased estate executor when they are in mourning. Delays in winding up an estate can be super stressful and result in on-going costs prior to being able to dispose of assets. Missing documents also mean beneficiaries can lose out on policy payouts and other benefits they were supposed to inherit!

The Wheel of Life was created to help you and your loved ones to get your lives back into what is a healthy balance for you - and to see where you are at and where you are heading, at a glance. Everyone has different values and a different vision for how they want their journey through life to be. This is why you, as the author of your own destiny, get to decide what is most important to you and consequently what you will devote the majority of your time and energy to. Unless you actively focus and act in ways which will carry

you towards the achievement of your own dreams and goals, you will get swept away by the tides of a perpetually changing world or by what is most important to others.

Your time with the wheels is precious. They are tools which open doors to great inner wisdom. Anyone from as young as 10 can work with them. You will learn a great deal about the values the members of your household hold most dear, when you work together. Areas where children are having difficulties or which are prioritized in ways which are unlikely to best serve them at their current stage of life, will also emerge. What you learn will help each of you to support one another in achieving more of your dreams and goals.

There is something very sacred about the Wheel Of Life, which makes it quite unique from any other wheel that is out there.

If you have studied Keylontic Science or something similar, you will know that there are 15 dimensions in a space-time matrix.

Every life form, at its core, is a spiritual being of consciousness, which is energy that expresses itself as electric and magnetic frequency waves. Consciousness shows itself as light and sound waves in the 15, 14th and 13th dimensional frequency bands and only starts to take on a form of materialization from the 12th band downwards. We are beings with part of our consciousness stationed in all 1-15 dimensional bands. While we are in a human form, a large part of our consciousness is focused in the 1st (atomic plane, 2nd (emotional plane) and 3rd (mental plane) and 4th (astral and spiritual plane). We have higher levels of our spiritual selves going all the way up the dimensional ladder. We are spiritual beings having a human experience and because our consciousness is energy and energy does not die, we are eternal. Energy also has no beginning or end point and all energy in the cosmos is inter-connected. This is why everything we do affects something or someone else and vice versa. We are part of a species and planetary shield. The energy flowing through our bodies connects with the eternal life frequencies and the energy of the planet through our chakras and the equivalent in the planetary vortices and ley lines. The planet is a living being with its own form of consciousness and our 13th chakra is in the core of the planet. We are indelibly united with the planet and all life forms through God's grand divine cosmic blueprint so we would do well to respect the planet and all life forms and to focus on what is good for ourselves, all life forms and the planet, when we set our goals for our Wheel of Life.

We have created 12 spokes, with each one representing the dominant colour of each of those dimensional frequency bands. Each colour in has a specific shade – not just any red or any green, but a shade of red or green most closely matching the colour you would see if you had the right tools to see wave spectra. The colours have to do with the way consciousness, in the

form of electrical and magnetic energy, vibrates and moves. The particles are all oscillating and vibrating at different rotations of angular spin.

To help you to understand what I mean by singular rotation of particle spin, think of a Christmas tree with 15 rows of coloured lights wrapped around it. Each row has a different number of light bulbs on it and the light bulbs on one row are not the same size as the ones on another row. Furthermore, the sets of light bulbs on each row are flashing on and off at different rates – some really slowly and other rows really fast. To top it all, each row of lights is at a different angle around the tree.

Think of each wheel as a bubble of energy floating in the universe and energetically drawing to it the frequencies and opportunities which will help what you are thinking about, to materialize. You don't create a single thing on your own. You cannot. You know the people that have come and gone in your life who have been instrumental in the reason for what you are creating and you know the people who will help you, but there is an entire cosmos of energy manifesting in different forms, which is working with you.

In our case with Jean who is creating a pet food manufacturing operation as you will see later, all the elements in the soil and the compost in which the plants grow that she will harvest to include in one of her food lines, are all working together to give her a plant which she will use to produce her own products. She didn't create the weather conditions which allowed that plant to grow nor did she create the seed which gave birth to it. When you do a little bit of digging, you will find that nothing exists in isolation. Everything is made of energy and energy is alive. It is constantly moving and interacting with other forms of energy. There is no point where a line of energy ends or begins. Like water, it changes the form in which it shows up in.

Our research also reveals much of the sacred mathematical coding within the divine blueprints and templates which form the building blocks of our manifest form. Particle groupings in 3s, 6s and 12s are found everywhere, so the 12 spokes or bubbles in our wheels represent the 12 dimensions in which consciousness manifest in material planes. We've used the 12 primary colours of each of the 12 frequency bands. You probably are familiar with 7 of the chakras and their colours (which are supposed to be the same as the colours of the first 7 dimensional bands and match fairly well in some representations), but that there are 15 is most likely a complete surprise to you!

Another way I have brought my knowledge of sacred divine teachings into this book is by creating wheels with bubbles because we live in a structured bubble universe. Scientists already have heaps of evidence of this but they have yet to discover that these bubbles come from and are part of the fabric of life itself, and represent the conscious, loving intelligence field within which and from which all of creation emerges. We have also given you the

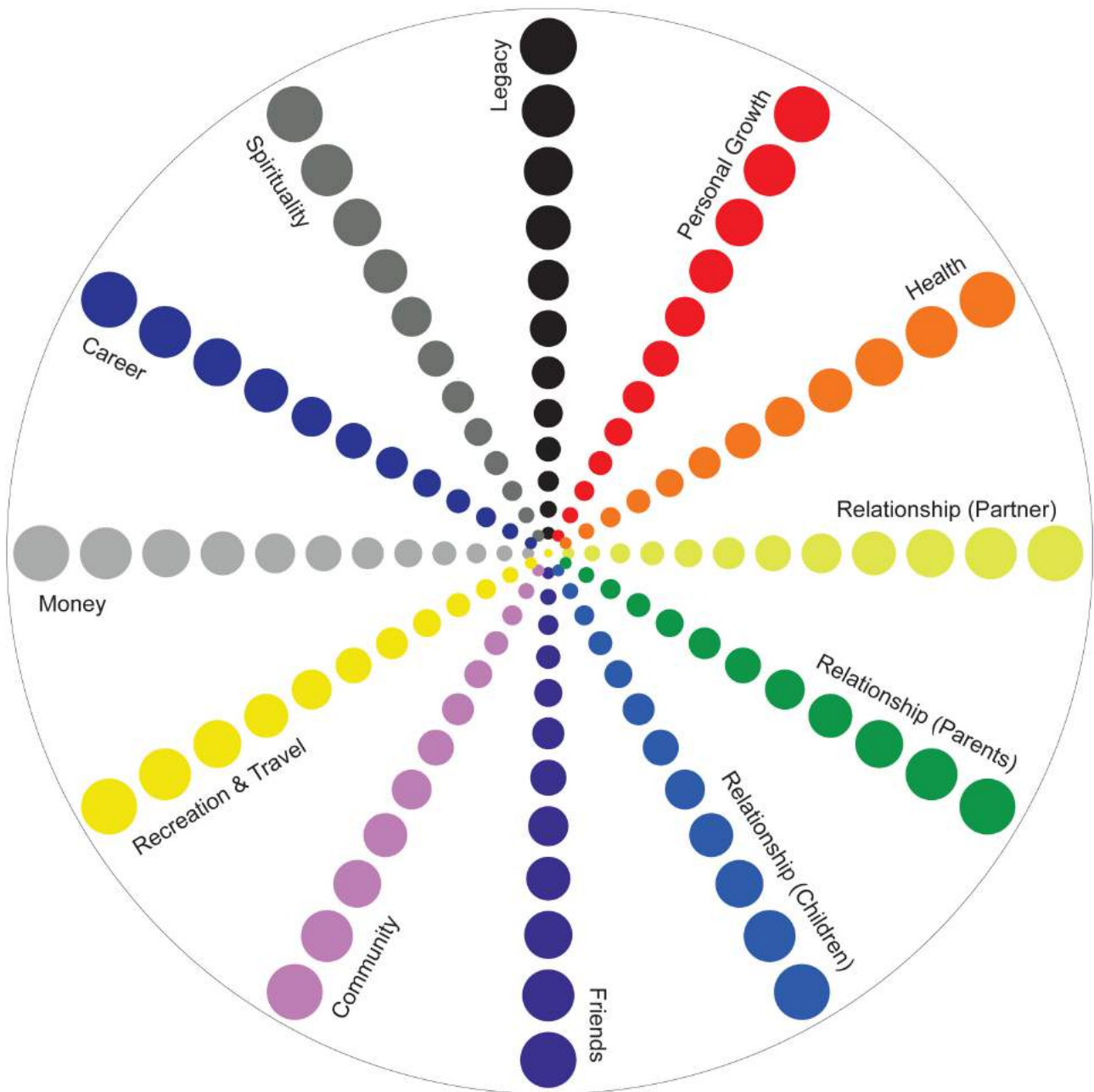
opportunity to work with the wheels on a soul level so you can connect more closely to your higher levels of self and instinct, which will usually provide a more accurate rating of where you are at and where you could be heading.

Please remember that because you are made of energy and because your energy field is affected by the energy fields of all life forms, the achievement of your goals is going to be affected by this. This is a huge subject but in short, do not give up when your perceptual filters suggest that you are not doing as well as you had expected or making progress as fast as you want to. If it helps, allow everything to happen in:

Divine Right Timing, Divine Right Order and Divine Right Balance.

Contents

- Introduction
- How to work with the Wheel of Life
- Example of how a person might “balance” his wheel in relation to his unique requirements
- Why our thoughts are so important
 1. Personal Growth Questions
 2. Health Questions
 3. Relationship With Your Partner Questions
 4. Relationship With Your Parents Questions
 5. Relationship With Your Children Questions
 6. Friends Questions
 7. Community Questions
 8. Recreation And Travel Questions
 9. Money Questions
 10. Career Questions
 11. Travel Questions
 12. Spirituality Questions
- What to do before you begin your work with the Wheels of Life
- Recommendations for using the templates
- Taking your journey to the next level
- Templates 1-5
- Wheel of Life Section Headings
- Wheel of Life: The Mind’s Numbers For Current And Goal Position
- Wheel of Life: The Soul’s Numbers For Current And Goal Position
- Insights while working with your Wheels of Life
- Invitation for feedback and reference to our coaching, BeforeISleep File of Life portfolios and the online coaching-based training resource to help one start and grow a business.



Introduction

Have fun, be creative and inspired as you as you engage in getting important areas of your life back into alignment with your goals and values.

We have created delightful templates you can have pleasure and enjoyment in working with. We have produced 144 thought-provoking questions to guide you in your quest to achieve wholeness, joy and fulfillment. The questions also serve as powerful self-coaching quests which will help you to discover deep inner wisdom and insights.

How your life is turning out is a direct result and expression

of your thoughts, beliefs, habits and behavior.
What you see on the outside is a result of what is happening on the inside.

It is completely within your power to change the majority of things you want to. You do this by being aware of and managing your thoughts.
It is your thoughts which create the chemicals in your body which create the emotions you feel and which then drive your behavior.

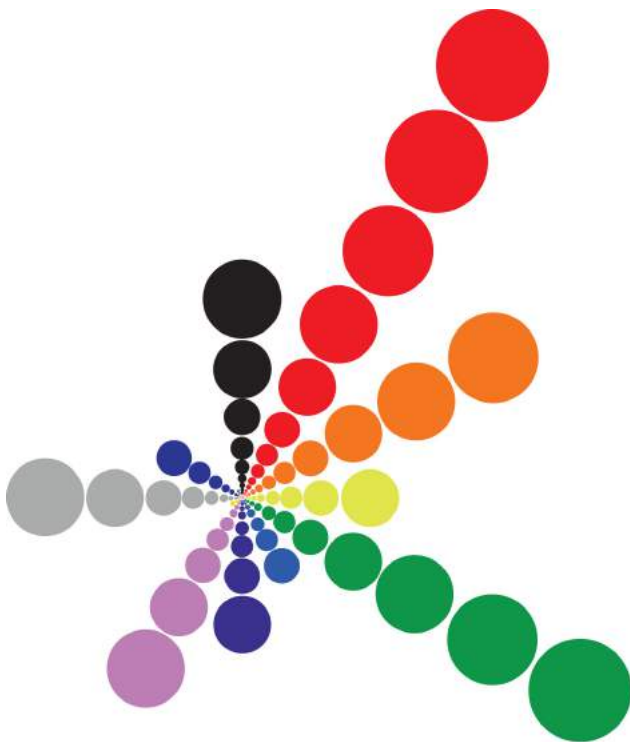
The process of how a thought becomes a thing is fascinating but far too in-depth for the purposes of this book.

Gain mastery over your thoughts and vision for your life and you will enjoy success after success and deeper levels of meaning and fulfillment. Exciting!

The Wheel of Life is a powerful tool to help you see a picture of your life at a glance and then deal with areas which are out of balance and not aligned with the goals you wish to achieve and the life experiences you wish to have.

How to work with the Wheel of Life

We have chosen 12 popular categories which represent key areas that reflect one's life experience. You may modify the templates or create your own with any categories you like.



You can apply a scoring system to rate and reflect satisfaction levels out of 12, where 1 is closest to the center of the circle and 12 is at the edge. 12 would represent the highest level of total satisfaction with a particular area in your life and the lower numbers would represent areas which you would like to work on and improve. You may not wish to ever give a category a 12. Friends may be “nice to have” but low priorities in your life and a 5 might be the highest score that you might ever give that segment. So, if you were currently achieving a level of engagement with your friends that is 4, you’d know that you would not have much more to do to reach a

satisfaction level of 5 which would be the optimum level for you.

You may create many Wheels of Life. You can repeat the exercise at different intervals to see what has changed. You can even take one category and break it down into different sub-categories (e.g. your wheel could be on relationships then you could allocate segments of the wheel for relationships with : friends, parents, partner, relatives, in-laws, children, work colleagues, acquaintances, community, pets, nature and your relationship with yourself!). You could allocate an entire wheel for your career and break it down into segments such as income, pension, job satisfaction, friendships, challenges, growth opportunities and such like. Rate how happy you are with each segment and what you would like to achieve and from here you have a workable tool to create the plans and actions that need to be taken in order to improve different situations.

Many different insights are likely to arise as your work with a wheel (e.g. you may find you need to create an additional savings plan to compliment what your pension payout might be in terms of the lifestyle you would like to have when you retire).

An entire wheel could be filled just with the areas in your life you would like to make more time for!

You can start off with two wheels. You score and mark the optimum levels you would like to achieve for each segment in one wheel. Then you could use the other wheel to record where you are now. You can create as many different wheels as you wish to, to record your progress over time (you may wish to put the dates on, when you do the exercise). You can also work with the template which has two spokes for each category so you can map your current situation and your goal alongside one another for a quick easy picture.

There are different templates you can work with and you can colour in the blank ones.

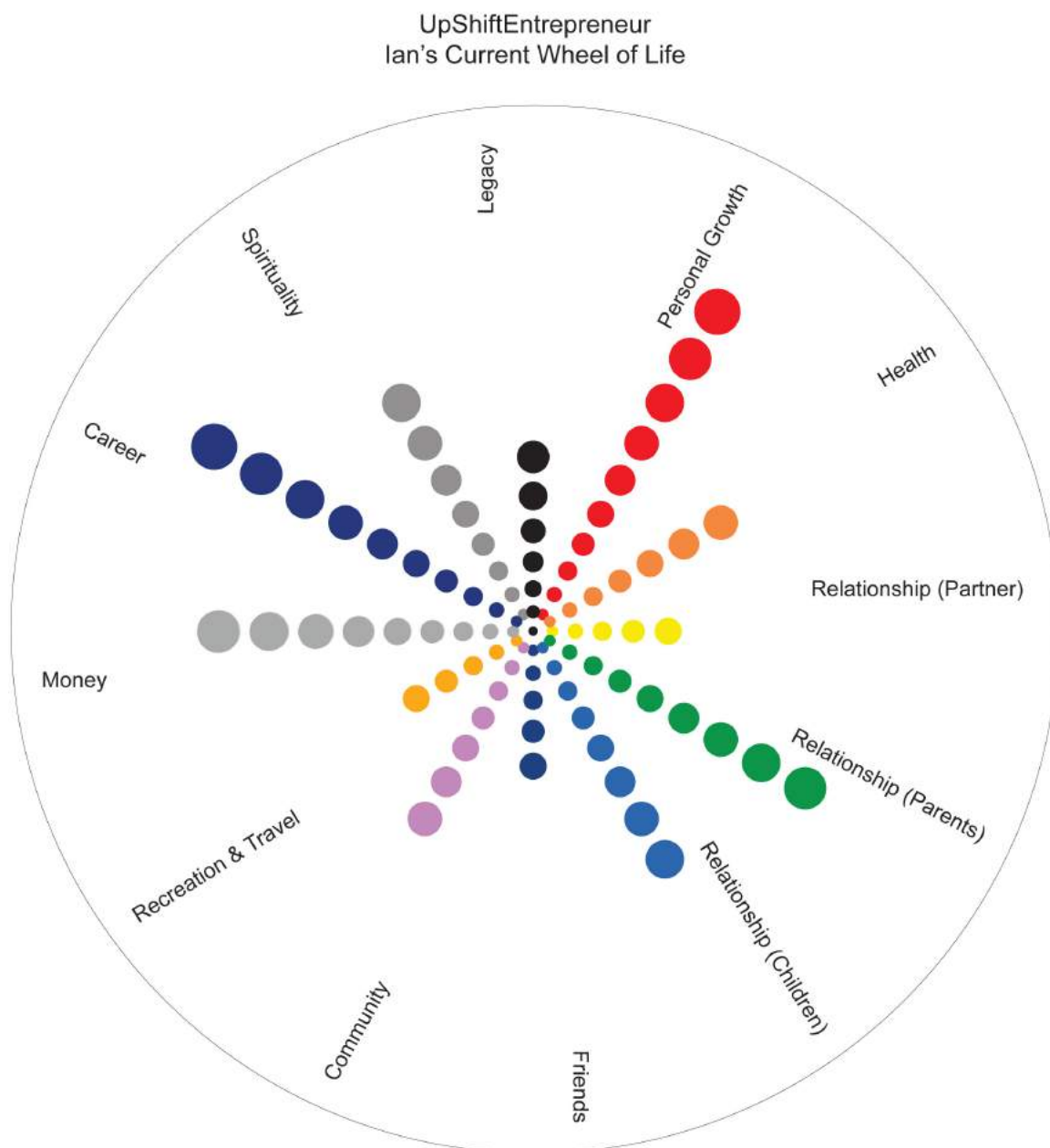
The 144 questions (12 for each segment) will support you in identifying and managing issues which may point to obstacles and blocks holding you back from achieving your goals in different areas.

Example of how a person might “balance” his wheel in relation to his unique requirements

We have created a character which we have named Ian. We have given you an idea of what for him is an ideal Wheel of Life and shown you where he is right now. When we superimpose the two wheels, it is easy to see at a glance, which areas need to be addressed and to what extent.

Ian's desired Wheel of Life shows that his health, relationship with his wife, money and career take prime importance in his life. He also loves to have the time to pursue his hobbies and wants to travel the world.

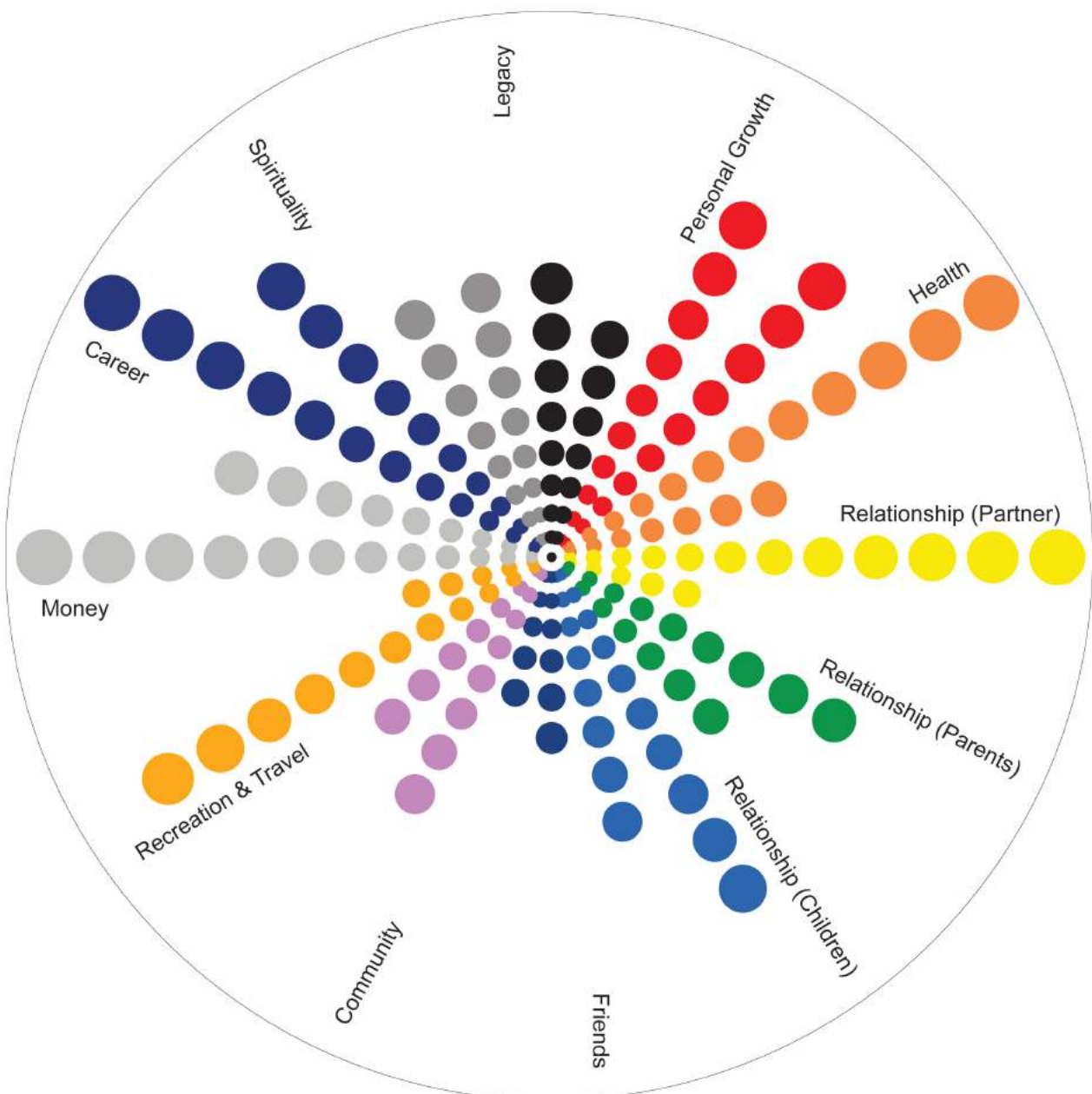
Ian's relationship with his children is pretty important but not critical as they have grown up and live relatively happy and successful independent lives. His parents are being taken care of in an old-age home but he still wants to keep in touch and make sure they remain well taken care of. Ian has a handful of friends who he hardly sees as he is so wrapped up in his own life. He is not outgoing and doesn't have the time or inclination to worry about this aspect of his life. He feels others with more time on their hands must get involved with community projects. He is neither deeply spiritual nor bothered about matters on the subject of enlightenment.



Ian's life has been "all work and little play" for many years as he has been trying to build up enough money so that he can retire, travel and pursue his hobbies. As a result his health is suffering and he is on the brink of divorce so

given how important these areas are in his life, he needs to address them fast! He has not seen much of his children or parents so he needs to make more time for them. He has not had a break for 3 years so even if it is just a weekend away, he needs to take some time off before he burns out. His career is on the right track but he is still not making enough money so he needs to explore how he can boost his earnings. He is comfortable with himself and does not feel that further personal growth will make any difference to his life. He donates a bit to charity now and then but he feels he should do a little more. It has crossed his mind that if he continues ignoring his friends, he may end up with none!

Ian's Current VS Desired Wheel of Life
His desired position is the first set of circles under the label
His current position is the set of circles below this



Health : Ian's health is poor and he has been diagnosed as borderline diabetic. Ian has decided to lose 30 pounds during the next 6-8 months, start exercising 3 times a week and to cut out eating anything with sugar or flour.

Partner : His wife has already threatened to leave because he is never present for her and always absorbed in his work, whether he is home or not. Ian realises he must work smarter, instead of longer hours, so that he can free up time for his relationship. He has committed to taking his wife out to a restaurant of her choice once a week and to take her for a weekend break every 10 weeks. He will also find a hobby they can participate in together and make sure that he gives her at least 30 minutes a day of his undivided attention.

Parents : Ian has already phoned his parents to say that he will be visiting this weekend and he plans to ensure that he sees them twice a month and bring with him any treats they can no longer afford as well help them with things they are now struggling to do for themselves.

Children : Ian will offer to babysit their children once a month to give them time off and make sure he has a few hours of quality time with his own children every six weeks.

Friends : Ian has committed to diarising the birthdays and special occasions his friends celebrate and to seeing them at least once every four months. He will also phone them more frequently.

Community : Ian is already pretty active in the community. He is a member of the neighbourhood watch (a group formed by those living in the area to report security infringements to local authorities with the aim of reducing crime and responding to security violations quickly). He is also extremely concerned about the increasing rise in the neglect and abuse of animals who don't eat when household budgets are thin so he is going to do what he can to help in this area.

Recreation and Travel : Ian is going to book a quiet weekend retreat for he and his wife and commit to having some "Ian time" for 2 hours every weekend so that he can rest or work on his favourite hobby.

Money : Ian and his wife are going to sit down together to identify areas where they are wasting money and establish how they can start saving more. He is going to study part-time so that he can get a promotion and this will not only bring in more money but also improve his career prospects.

Career : Ian's career is on track but he realizes he can offer more to the company so he is busy working on this aspect.

Spirituality : Ian is comfortable with his religious beliefs and is not inclined to challenge what he has been taught when new information or perspectives are presented to him.

Legacy : Ian doesn't see any difference between being spiritual and being enlightened.

Before we explore the different segments and questions, let's take a very short closer look at why our lives turn out the way they do.

Why our thoughts are so important

- The story of our life is completely directed by the choices we make
- Our thoughts determine which choices we make
- These thoughts are in turn highly influenced by underlying beliefs and perspectives (the unique way the world looks and is interpreted by ourselves)
- Every person has been given the same gift of free-will choice. A person's choices determine where he/she will end up, moreso than the influence of any hereditary factors or circumstance of upbringing.

Thoughts, when repeated, lead to words and actions.

Actions when repeated become habits.

Habits become the foundations on which personality and character types anchor and express.

When we look at our Wheel of Life, we need to think carefully about the choices, labels, perspectives, beliefs, judgements and conclusions we have made along the way, which have resulted in how our life is today.

For every choice, there are a multitude of possible and probable outcomes, so the ones we get to experience depend directly on which choices we make.

We need to factor in the role models, upbringing and training we have experienced and then look at the beliefs we have adopted which provide the framework and perspective within which we see ourselves, others and the world around us. Beliefs are mental constructs which can change when evidence to the contrary of a belief presents itself or one adopts an alternative belief which has greater meaning for one.

Truth and deep wisdom come from a sense of just simply "knowing". There is nothing to explain, nothing to fight for or against. It just "IS". It "IS" in a way that is pure, innocent and without label or judgement. When we become "At-One" with what we know, we enter the place of peace, of being engaged with

the world but not attached to any outcomes, and are able to experience what true unconditional love really is.

The more energy and focus we give to our thoughts, be it consciously or through the actions of our sub-conscious running on auto-pilot because of the programs we feed it, the more we see our thoughts becoming real. What we “see” as “real” is the out-picturing of the results of our thoughts. It is with our thoughts that we create and because nobody else has the right or the power to determine our thoughts, it is reasonable to conclude that we are directly responsible through our choices, for the kind of lives we are experiencing.

We can choose to behave like a victim or victimizer. Where we see ourselves as victims, it is where we have chosen to give our power away. A simple choice to energize/repeat a thought such as “I am unsuccessful” (no matter the reason for that choice), becomes a message to the universe to honour the free will choice to remain in the state of “unsuccessful”. This happens to such a degree that we really do get to have the experience we claim as a statement of what we chose to experience. Ironically, even if we didn’t really “believe it on a conscious level”, “I am unsuccessful”, repeated, becomes a self-fulfilling prophecy and try as we may, a choice to believe “I am unsuccessful” will over-ride any attempts at success until we start repeating the thought “I am successful” or “I am in the process of being successful.” When we choose not to take responsibility for having an empowering thought, we blame anyone we can for our miserable circumstances, even our Creator, even God.

Where we act like victimizers, is where we take power away from others and based on the above, by the same token it is a power we give ourselves to take from others! Victimizers can only take (and abuse) that which is available to take (because the owner is not protecting it) or that which has been freely given for us to take. If we choose to put our money in the Stock Exchange and it crashes, well, it was up to us to be comfortable with the risk we were taking or not to do so! The minute any ounce of power is given away to another for whatever reason, it is given away. It can be abused and even used against us.

We need to think carefully about the importance of the role we play as the center of our own life. Where we are now IS a result of our thoughts and choices, so in deciding how we would like it to be, we need to change our thoughts, make new choices and create different actions and habits which will serve us better.

Is what you are thinking, choosing and doing, in alignment with you reaching your goals or will they serve to sabotage you? As the master of your own destiny, you decide.

Volumes have been written and discussed around each subject relating to the 12 we have chosen for our Wheel of Life. You may choose your own subjects, thoughts and actions. We are simply giving you a few “thought-provoking” questions to stimulate your own creative thinking.

Wheels go out of alignment all the time. It is normal. It is not easy to put 100% of one’s energy, time and focus into every area of one’s life at any time, let alone all the time!

You decide how you would like your wheel to look - without a goal there will not be a destination for you to journey towards! If you give away your power and allow the “winds of constant change” to take you wherever they go, be prepared to let that be ok - or do something about it! Be a conscious co-creator with the universe and the universe will meet you halfway!

PERSONAL GROWTH

If you could see and measure what it would look like and how it would feel to be fully personally grown, what would this state be for you?

What needs to happen for you to fulfill your highest potential?

Which aspects of your thoughts, words and actions would you like to improve? E.g. become less self-critical and judgemental, articulate thoughts better, stop being so negative, listen more, manage my temper.

What personality and character traits would you like to enhance? E.g. become more confident.

What do you need to bring more of into your life? E.g. expand my knowledge on a certain subject, more me time.

Who do you need to forgive and what do you need to let go of? E.g. forgive myself for making a choice that caused me to suffer, let go of resentments.

What are you grateful for and how can you express your appreciation? E.g. grateful to be alive and say "thank you" for each new day. Phone a friend and express your appreciation for their loyalty and friendship.

Which aspects of who you are, that you love and appreciate, can you bring more of into your life? E.g. if you have a talent for singing, how can you include singing on your daily agenda? If you are really good at listening, who can you contact that is desperately needing a willing ear?

What courses and training could you take to help you to raise your talents and skills to new heights?

What music, movies, films and books will help you to grow in the areas you desire to improve in?

What choices, people or circumstances are you allowing to stunt your personal growth? What changes can you make and how will you keep yourself on track?

What upsets you? How can you initiate action or respond differently in ways which will be more helpful to you?

HEALTH

Which aspects of your health are already in trouble or heading for trouble? E.g. you might be pre-diabetic, drinking too much alcohol and putting a lot of strain on your liver etc.

When last did you go for a checkup on your overall health, or pay a visit to the dentist or optician - and when will you do so?

What natural, healthy alternatives can you use to replace vaccines and medications which come at great expense and with a host of harmful side effects?

Are all parts of your body getting sufficient exercise or are some parts over worked while others are sorely neglected?

How can you include more healthy, non-genetically modified organic food in your diet?

What can you grow at home, how can you include your family and how can you make it fun and exciting? E.g. if you live in a confined space, there are a host of seeds you can sprout and you could start experimenting with a new range of salads and dressings to surprise your friends with!

How can you help yourself and those you love, to move away from processed foods and those containing flour and sugar? E.g. prepare healthier meals and keep cupboards free from sweets and other highly fattening "junk foods".

How can you demonstrate greater love and appreciation for your own body and stop judging and criticizing it? E.g. spend a few minutes daily gently stretching and massaging different areas to assist circulation. How about adding a few items of clothing to your wardrobe that are made of natural fibres which allow your skin to breathe.

Where can you go to find information and options which may serve you better than some you are using right now? E.g. your bed may not be giving you the support you need, those old pillows may need to be tossed or lashing of tomato sauce and condiments replaced with healthy alternatives.

How can you improve the length, quality and regularity of your sleep and relaxation?

What we eat and drink directly affects our physical, mental and emotional

RELATIONSHIP WITH YOUR PARTNER

How healthy is your relationship with your spouse, boyfriend or girlfriend - is it working for both of you, is it good for both of you and bringing you joy? Face it squarely and be honest about the situation because if it is toxic, it is harming you both and certainly children if they are around. Ask yourself what you might be afraid will happen if you open yourself to a new relationship and find ways to overcome and get on top of whatever you fear.

You do not have the rights or the power to change someone else. Everyone was born with the gift of freewill choice which needs to be honoured. When you change, it will naturally lead to a change in the way people respond to you. What can you change about your own attitude or behavior that will help you to cope better with your partner's words and actions which affect you negatively?

Instead of focusing on what you can get out of a relationship, work out the gifts and benefits you can bring to the relationship - how does your partner benefit by being with you and would your partner see what you label as a benefit, in the same light or to the same degree as you do?

How is your relationship helping you to grow and flourish as an individual? How can your relationship support you in reaching your potential?

How can you get what you are looking for from your partner, in other ways? E.g. instead of putting yourself into the unhealthy state of financial dependence, find ways you can earn money yourself. Also, how can your partner love you "warts and all" if you don't love yourself?

How healthy are your boundaries with one another, in terms of what you keep to yourself and hold in, as well as what you push away and don't let in? What changes do you need to make in this area?

How can you be more honest and authentic in your relationship?

How can you be more understanding, supportive and appreciative of your partner?

What can you do or stop doing that will bring greater peace and happiness to you both?

In what ways can you ease any burdens you may have placed on your partner, and do more for yourself (this includes being accountable)?

RELATIONSHIP WITH YOUR PARENTS

Your parents are the people through which you came into the world. What if “I knew your name before you were born” are the words reminding us of an ancient truth which implies that not only did we exist in conscious form, as Spirit” before we birthed here, but what if it also implies we chose our parents and they chose us - like a pre-birth contract? What if we chose one another for the lessons we each needed to help us grow in this life-time? We invite you here to search deeply for the gifts and the lessons that you received through the parents and circumstances of your birth, for they are there. In your heart, even if you felt they abandoned you and you were adopted, they died when you were young, or did not meet your needs as a growing child, what gifts could they have brought to your life circumstance and growth, looking back from where you are now?

If they were sitting next to you right now, what would you say to them?

Reflecting on what you would say, what is there that you need to hold on to which is empowering, or to let go of because it no longer serves you?

What can you think and say to yourself that will make it ok that you were born to the parents who gave birth to you?

When it comes to speaking your truth and owning who you are, how honest are you with your parents, particularly if their plans differ/differed to the plans you have for your own life?

How do you define “good parents?” What qualities and lessons do you feel it would be good for parents to offer or pass on to their children?

What would you avoid doing or setting as an example to your own children if you have/were to have them?

How involved are your parents in your life now - too much/too little/a happy balance - and what can you do to help to change or nurture this?

What about parents that come into your life as “in-laws” as a result of your children getting married and becoming part of another family too? How can you handle this in ways that are best for all involved?

How healthy are your own boundaries with your parents in terms of how close you allow them to come and how far you push them away?

If you were to honour and respect something, anything, (everything) about your parents, what would it be and how can you show your gratitude?

RELATIONSHIP WITH YOUR CHILDREN

Think about some of the reasons why you chose to have a child or want one - what do you expect a child to give you or make it possible for you to have that you wouldn't get or have if you didn't have a child?

If you have or are going to have a child because of what you want to get from the child, if that child cannot or does not choose to give you what you want, what will happen?

What are you giving or do you expect to give a child?

How will you know for sure that this child really wants, welcomes or needs what you are giving?

Do you treat your children as gifts of the universe for your safe-keeping or as possessions that you can dictate to and who owe you? What are your reasons?

When last did you do any in-depth research on what might be included in the ingredients of what you feed your child; and the medications and vaccinations you allow them to have?

How well do you know your children - do they confide in you, do you know their deepest longings, do you really listen to them? If not, how could you change this?

Do you know what your children are struggling with and have you asked them what they want or need from you and how best they feel you can help them? How do you handle those with special gifts or who talk about having an experience of a previous life? How can you honour what is real for your child?

At what age do you treat your child as an adult and how well have you equipped your child to deal with life's challenges?

Often children can be our best teachers. What have yours taught you and how have you shown your acknowledgement and appreciation?

What hang-ups do you still carry with you about your own childhood and how and when will you let them go?

If you were a parent to the children of the world, what would be your unique and special message to them - and what is the legacy you would like to leave behind?

FRIENDS

Define friendship in terms of how you know someone is a true friend.

Define friendship in terms of how you treat someone who you consider to be your friend.

If you could focus on what you bring to a friendship rather than on what you expect a friend to do for you, what would you offer or bring to a friend that enhances that person's life?

How do you handle your own expectations when it comes to a situation when you feel a friend may have "let you down?"

What benefit are you receiving by remaining in a friendship that is unhealthy?

What for you is the difference between a friend and an acquaintance and how do you determine that an acquaintance has become a friend?

Is there a healthy balance regarding what you share with a friend in terms of boundaries, respect and privacy and if not, what can you do to improve the situation? How have you communicated your boundaries to a friend so that your friend knows what is or is not acceptable in terms of "crossing that line"?

How much do you know about how you might cross your friend's line and how can you be clear on this?

How can you strengthen the friendships you already have?

If you want to, how can you broaden your circle of friends?

How can you make sure you keep in touch with your friends and when have you diarised to make contact again?

How can you move on from friendships which have ended, even though you may not have wanted this to be the case?

COMMUNITY

In what way do you make a positive impact on the community around you?

Who in your community could benefit from your knowledge, help and support?

Which community activities and events could you participate in?

What random acts of kindness could you perform on a weekly basis?

What opportunities are there in your area, for you to connect with people in areas that matter to all of you?

What might people in your area need that you could drive as a community project?

In your own way, how can you help those who are living on the streets or less fortunate than you are?

What do you feel society owes you and what are the reasons you feel this way?

Instead of waiting for society to give you what you feel it owes you, how else might you find a way to give it to yourself?

What are you doing or participating in that is hurting and damaging the earth as well as our animal and plant kingdom - and how can you stop partaking in/doing this?

If applicable, how can you put an immediate end to choosing that your life matters more than the life of anyone or anything else that is living? All life is a gift, all life is precious and it is not up to any of us to make our own life a priority over any other life form.

What can you commit yourself to doing that will benefit and make a positive impact on nature, wildlife, bird and ocean life, natural resources and so on, and when will you act on your commitments?

What other questions (and answers) can you come up with which will help you to create the right goals and balance for you, around this topic?

1)

RECREATION & TRAVEL

What feelings and images do the words “recreation and travel” bring up for you?

Do you give yourself sufficient time each day, week and month to engage in activities which are light-hearted, fun and leisure-filled and if not, why not?

What outlets are you giving yourself to explore and express your artistic and musical talents?

Genuine, hearty laughter vibrates at the same vibration as love - when last did you have a good laugh and how can you take life/ circumstances/ yourself less seriously so that you do not miss the humour?

While you are thinking about how you can give yourself a break and some treats, how about thinking about how you could also give others a break from some of the chores and responsibilities your words and actions place on them?

Have you ever broadened your horizons and travelled further than the neighborhood in which you were born - and if not, when do you plan on doing so?

What benefits and advantages (which might be meaningful and important to you) could you receive from exploring what different parts of the world have to offer?

How can you get to know more about different cultures, lifestyles and ways of thinking without leaving your neighborhood?

If you have travelled, what have been the highlights for you on both a superficial and a deeper level?

How could you communicate and share what you have learnt from your travels, with others, in ways that add value to their lives?

What ways can you think of to celebrate personal achievements and successes? E.g. even though you may not have come first at something, you participated and did your best and this is worth celebrating! You may have reacted more positively to a situation than you might usually be inclined to - and this too is worth being proud of. No matter how small or seemingly “insignificant”, celebrate all positive growth and accomplishment.

MONEY

If you had sufficient money so that you did not need to work, how would you spend your time?

How much money do you feel you need to have in order to have the lifestyle you desire?

If you had your dream lifestyle, what else would that give you? E.g. freedom, security.

How could you get aspects of what you want your dream lifestyle to give you, now, and in such a way that money is not the requirement to achieve it? E.g. what helps you to feel free (dancing, being in nature) and how can you bring more of that experience to you now?

How can you creatively find ways to bring in more money?

Look at everything you spend your money on, look around you at your possessions. How else could you spend portions of your money on things or experiences which would have greater meaning and value for you?

What can you stop spending money on that you really do not need and what cheaper alternatives could serve you just as well?

What can you do now to ensure you will have sufficient money to meet your needs when you retire and who can help you with your savings plan and strategy?

Take a long hard look at your beliefs about money and dig deep to uncover unconscious ones which might be holding you back. E.g. on some level you may feel that people with lots of money are shallow and materialistic. If you fear that you might become this way yourself if you had lots of money, subconsciously this fear may be putting a cap on your abundance.

How can you adjust your lifestyle so that you live within your means instead of creating a situation of more and more debt and unpaid bills!

How well do you know and understand the world of money, investments, insurance and debt and how can you become more financially literate and competent? E.g. when it comes to buying on credit, you may well be able to afford a monthly repayment but have you considered how much extra you are paying on interest charges, which could result in you having paid double for your purchase by the time you have made your last repayment?

CAREER

What are your goals, needs and desires for what you want out of your career?

What are you prepared to invest in your career in terms of time, effort and perhaps even additional studies, in order to support you in achieving these goals?

Which goals have you achieved so far?

How close are you to achieving the rest and what or who could help speed up the process for you?

What challenges and obstacles are you facing?

What solutions and resources could you call on to assist you in solving problems you are facing?

How are role-models, mentors or coaches supporting you?

What do you hope will be different a year from now and what will your involvement be in achieving the changes you hope for?

In what way is the company better off because you work there?

Are you doing the work you love? How could you make your job more meaningful, rewarding and exciting?

What is causing you the most stress in your career and how can you alleviate that stress?

What work-life boundaries do you need to put in place in order to have a healthy balance?

What other questions (and answers) can you come up with which will help you to create the right goals and balance for you, around this topic?

- 1)
- 2)
- 3)

SPIRITUALITY

What for you is the difference between being religious and being spiritual?

In what ways do you feel you need to grow spiritually?

How might you achieve the spiritual growth and maturity you desire and who can help you?

Do you believe life is pre-ordained or pre-destined? Or do you believe your thoughts influence your choices, your behavior and consequently the kind of life you experience? How can your thoughts on this subject best be used to help you have a wonderful life now?

What responsibility are you placing on God (or whichever word or concept you prefer to use for your Creator) for your decisions and their outcome; and to what degree are you willing to assume personal responsibility and face the consequences for your actions?

Are you living your life in a way that supports you in fulfilling your highest potential and if not, what are the reasons you are not doing so and what changes can you make so that you achieve more of your potential?

How honest, true and authentic are you with yourself and others? What can you do to allow more of who you truly are at your core, which is an eternal unconditionally loving being, to flow through you?

Where have you blamed others and not accepted responsibility for your own role and contribution to a situation? In what ways could you own up to this and help to improve matters now?

What are you saying or doing that is violating the rights of others to express and experience their own right to freedom of choice and expression?

What are you doing to stand up for and protect your own rights to freedom of speech and expression?

If your Creator gave you advice about how to handle your greatest doubts and fears, what do you think your Creator might say?

If you believe something along the lines of "the Kingdom of Heaven is within", then why might you be looking to the external world for meaning and to justify your existence? What do you need to do to reconcile what you "believe in" with how you live your life?

The last section challenges us to “Believe in Possible”, to ask ourselves “what if this is true - and if so, how is it already impacting my life without me being aware of it? If something is not familiar to one but might be true and possible, what changes could one make to allow for the new information? If the “what ifs” turned out not to be true, could we still make beneficial changes anyway that would help us to experience a better life?

I spend many hours each month studying ancient sacred teachings, the research and findings scientists and doctors are coming up with and so on. I was born seeking answers to big questions and to uncovering the truth about what life’s journey is really about.

My quest led me to an extraordinary woman trained since birth to translate ancient sacred teachings stored on 12 crystalline CDT plates (which physically exist on the planet). The plates are holographic disks that hold ancient history records and every few generations, people are born and trained to translate the data which holds the race and science records as well as the ancient spiritual teachings of the Founders Races (the first races that came into manifest form in this space-time matrix). What I have learnt comes out in the work that I do and this is why the material and sessions people have with me are so powerful.

Several years ago, I attended a conference where seven top representatives of some of the main religious organizations met to debate the answers to two questions : 1) Define God 2) Explain how we can get to know God (or whichever word is chosen to represent the concept of our Creator) and get closer to God. If memory serves me correctly, the four largest religious groups were represented (Christianity, Islam, Hinduism and Buddhism) as well as some sub-divisions e.g. Protestants, Catholics and Mormons. Although the exact words used differed, in essence all seven were in agreement about the essence/nature of God as being : perfect, all powerful, eternal, all-knowing, present in everyone and in everything (omni-present) and unconditionally loving. However, all seven described different paths and ways to achieve union and communication with God.

For each one of us, our relationship with the Divine is a personal experience. Your dreams and goals are personal too. Where they align with that which is to the good of yourself and others, creation itself will meet you half way to help them to come true for you.

As you address the questions we have put into the Enlightenment section of the Wheel of Life, this is an opportunity for you to work in areas of your life which involve your spiritual nature, your engagement with things happening in the world around you and even with where you stand and what you choose to do in relation to the people your vote puts in power to run a country!

Each of us has individually and collectively created the world we live in. Our thoughts, choices and actions create all that is sustaining or hurting us. We can create more joy or that which leads to more suffering.

We are powerful beyond measure so we need to use our power well and to the benefit of all. Power, in the hands of those who are only out for themselves, corrupts far too many and we all pay the price.

World-wide, take a look at who we have elected to be our leaders! Have we voted them into their positions because of their skills, their experience and social conscience? The leaders of our countries are chosen by a majority vote and their responsibility is to act in the best interests of the people they represent and who gave them their power in the first place. Where have we “fallen short?” Why do our leaders regularly fail to act in ways which serve our best interests, why have we not put systems in place for their immediate disempowerment and made them immediately accountable for their actions? What information can we give the masses so that a vote is based on sound facts not emotional factors? How can we create a trial period so that they can prove they are fit for office, prior to serving for a long-term period? We do not appoint a person who does not have the qualifications, experience and social conscience as the manager of a company, so why do we ignore critical considerations when we elect people to run a country?

What measures of accountability and immediate removal from office have we put in place to safe-guard our collective interests as a nation?

As you work through the wheels, ask yourself the type of questions which will give you the greatest opportunities to achieve the highest levels of evolution that you personally can in this lifetime.

If you can imagine a version of yourself that is even more enlightened, even more perfect, even wiser, how might you describe that person?

How can you become more like that person, starting right now? What do you need to let go of and what do you need to bring more of into your life? How are you going to manage your thoughts now that you have found out more about how powerful they are when it comes to creating the world you get to experience?

When you hear someone speaking about a person being enlightened, what does that description mean to you? Do you consider yourself enlightened? Is the word “enlightened” likely to come up when someone describes you?

This is a subject we can get very involved with where we talk about ascension and all sorts of things but for now, if you wish to you can keep it lighter. Come up with some of your own questions particularly in this section and see where they end up going.

We have used the word “Enlightenment” to point to a state of being at one with the universe and all consciousness within it. It is a state of perpetually living and expressing as the all knowing point within which all life exists.

ENLIGHTENMENT

If you believe that you were created by an all-powerful, perfect, eternal, unconditionally loving God, and that you were created in this image (which means of the same substance and therefore potential), what is it that you believe about yourself that either supports or differs from this? How does what you have chosen to believe, support your life or make things harder for you and what are you going to do about this?

How can you find peace in your own religious beliefs to the extent that you no longer judge or criticize others for their own choices but live your own truth!

What if, because consciousness = energy = spirit = eternal, we become more of who we really are when our bodies die? There are too many people who have shared their near death experiences and experienced expansion of consciousness through meditation to ignore that we are not way more than we think we are (I particularly loved Anita Moorjani's circumstances which baffled the medical and scientific community in her book “Dieing to be Me” and her youtube videos are worth watching too). How does what you believe is going to happen to you when you die, affect how you live now?

Scientific research provides evidence that we are made up of atoms which consist of electrons surrounding a nucleus that contains protons and neutrons. There are also quarks and other sub-atomic particles. Essentially, we are made of sound (magnetic) and light (electric) waves and particles. The food we eat is converted into energy (a kilojoule or calorie is a measurement of how much energy is released when something is consumed). This means that we will get energy and life from living organic foods which have not been killed and dressed up by artificial colourants, preservatives and pesticides. Big money (as in Monsanto) tries to convince us that genetically modified food is good. Is not the increase in life-threatening diseases due to eating things the body no longer recognizes as food? Why are certain countries now banning genetically modified foods and seeds if there is nothing wrong with them? Do you read the labels on the food you buy? Do you understand what the ingredients that are going into your food are and what they might do to you? How can you hope to have health and balance when you are poisoning your body? If virtually all fast food is constructed with genetically modified food and ingredients which are highly toxic to nature and to our bodies - what are you going to do about replacing foods supplied by McDonalds and the likes?

ENLIGHTENMENT

The Japanese scientist, Dr Emoto, was world famous for his research on water and he was not the only one who has found that water has intelligence and its own memory. If you believe his research is plausible, why not give thanks for and bless the water you consume (in the food and beverages you drink and through absorption by the skin while swimming, bathing and showering)? Words like “Thank You” and “I love you” were written on a piece of paper and placed under beakers containing water and later when frozen drops of water taken from those beakers were studied under a microscope, Emoto found that the water had formed the most beautifully structured crystals. The opposite was true with words containing fear, hate and indifference. Water even responded positively to beautiful music but the opposite was true when heavy metal music was played in its presence. The addition of fluoride to water and toothpaste has many harmful effects which you would do well to research! Our bodies are made up of more than 70% of water. What research findings and water purifications resources resonate with you so that you can be comfortable about the quality of the water you are drinking? What words are you going to place under your water jug today?

Research has proved that the intense heat emitted by microwave ovens changes the composition of food particles so that the body no longer recognizes its components and original nutritional value is killed. Many wrap food in tinfoil or cook in tinfoil containers. Did you know that when tinfoil is heated, it gives off harmful hydrochloric acid which is absorbed into the food we eat? How much thought have you given to the fact that the hormones and chemicals which are injected into animals to help speed up their growth, is being absorbed into your own body when you eat that food? What do you think that the radiation cell phones emit, is doing to your own energy field? Ignorance is not bliss. When will you arise to do your own research so that you can make an informed decision as to whether a product really is good for you – or not! Lighten your body by removing unnecessary strains you are exposing it to.

What will you do to help ensure that you find, nominate and vote for the best candidate who has proved to be qualified to serve your best interests and the best interests of your country at large? What systems will you put in place to ensure a candidate’s actions are transparent and accountable?

What systems will you help to create that will allow a society to immediately remove a person who proves to be “unfit” for the position he/she was elected to?

Where have you got something to hide (or are you not being open and transparent)? How can you find a way to speak your truth so that you are

What to do before you begin your work with the Wheels of Life

1. You will be embarking on the exciting journey of exploring more about yourself, the world you have created and a new version for the future, so it is important that you find a peaceful, comfortable place to work with the Wheel of Life.
2. If you are hungry or thirsty, it is a good idea to satisfy these needs first so that you will be able to focus without your tummy rumbling! A light, healthy meal is preferable to one which will make you feel “heavy” and sleepy.
3. If you like, put on some soft, gentle background music that you find particularly soothing and inspiring.
4. Wear comfortable clothing.
5. Try to ensure that you will not be disturbed so that you are free to concentrate and experience whatever comes up for you.
6. You may find yourself being tempted to judge or criticize and blame yourself or others for why your life is as it is. Try to avoid the temptation to do this because for one thing, it is a part of you that is likely to be in denial of some role you may have played in a situation in which you felt powerless or gave your power away through the thoughts you told yourself about the situation at the time.
7. Thoughts come and go, naturally, all the time. It is the brain doing its job. Simply notice a thought and let it go without dwelling on it unless it is going to serve you in completing your Wheel of Life.
8. Whatever happened in the past is not happening to you right now so allow yourself to focus on what you do want and how you will achieve it.
9. It is a wonderful time for you to start dreaming and imagining again.
10. It is a time for you to envision a future where you have everything your heart and soul desire.
11. Create a visual picture in your mind that is crystal clear and filled with everything you want.
12. Make it so clear that you can really experience the vision as if it is already here, with all your senses.
13. Feel the joy in your heart, the power, the freedom and the opportunities which open up to you.
14. Then create a symbol of what it represents to you and find a way to keep it by your bed or with you all the time so that when you turn to it, the feelings of joy and excitement immediately start flowing through you again.

15. Below you will find different templates to work with including ones without labels so that you may create your own categories.

Recommendations for using the templates

1. Put in today's date so that when you do this exercise at a future time, you can see how your priorities may have changed.
2. Begin by rating "Personal Growth" in terms of your ideal situation where the segment closest to the circle represents 1 (Personal Growth is not at all important) and where the segment on the outer edge represents 12 (Personal Growth is 100% important in my life) and using a pencil the same colour as the heading, colour in from the inner segment up towards the top edge of the segment, to the mark which represents the ideal level of satisfaction for you. Note which level you stopped at (e.g.4, which is the fourth position from the inside of the circle moving out).
3. Continue with the second segment "Health" until you have completed the wheel.
4. Create a second wheel to represent your current level of satisfaction with each category. Work through the questions supplied to help you assess what your situation is right now.
5. Looking at both, see which sections have your "Current" position and "Goal" position as being the same.
6. Where your "Current" position is lower than your "Goal" position, this indicates an area of your life you may wish to prioritize and pay attention to. The same goes for where your "Current" position is higher than your "Goal" position as this indicates where you are out of balance in relation to where you wish to be.
7. Decide how you will go about making these improvements and when you will take action.

Taking your journey to the next level

The above steps have shown you how to work with the Wheel Of Life from a 3-D mental perspective. Now you are invited to see what outcomes you get when you invite your Soul level to provide you with insights and wisdom. This exercise encourages you to work with the "mind numbers" and "soul numbers" as per the guidelines below.

1. Cut out the section heading of the wheel you would like to work with first e.g. Health or Career. Place the section label face up on a table in front of you.
2. Below and to the left of the section heading put all 12 “mind numbers” and 12 “soul numbers” face up. Spread them out so that they are not on top of one another.
3. Then put the 2 sets of 12 “soul numbers” which are in pink, face down and spread out, below and to the right of the section heading and your “mind numbers”.
4. Work with the section headings spread out on a table and rate your current and goal levels by placing the relevant numbers from the “mind numbers” next to each heading.
5. Begin by sitting in a comfortable position with your feet on the floor. Gently cross your legs over one another at the ankles. Put either the left ankle over the right one or vice versa – whichever feels most comfortable.
6. Then fold your arms with either the left or right over the other, again whichever is most comfortable for you. These two steps are to help contain your energy in a “closed circuit” and balance the left and right brain hemispheres.
7. Take 6-12 deep breaths, breathing in through your nose (hold for a few seconds) and breathe out through your mouth. Allow thoughts to come and go without holding onto them. Just notice them and let them go. Place all your attention on your breathing.
8. When you are ready, mentally say to yourself “I trust that you, my Soul, knows exactly where in the scale of 1 – 12 (with one being the lowest and 12 being the highest) my current status is in relation to Health/Career. I am trusting that you will guide me to select the relevant number in this area.”
9. Then reach out and pick up a piece of paper with a number on it (from the set of numbers on the right hand side of your section heading and keep it face down for the moment.
10. Now ask your Soul a second question along the lines of “I trust that you are guiding me as to the level of priority this area of my life needs to take right now.”
11. Then reach out and pick the first piece of paper with a number on it that your hand is guided to from the set of soul numbers to the right of your section heading (e.g. health or career)

This is where it gets really interesting now. Compare any section you worked with before taking the exercise to the higher soul level. For example, you may have come up with a rating of 6 for “Current Health” and of 8 for “Goal Health.” If you have worked with that same section now that you have invited your Soul’s level to guide you, perhaps you got a rating of 5 for “Current Health” and 11 for “Goal Health. This might indicate that you are perhaps not as healthy as you think you are and that the bar for your goal needs to be raised from a 9 to a 11.

Similarly, you may have felt on a mental level that your goal with regard to friends should be higher at say a level of 9 where your current position may be 6 but your soul may give you a number 8 for the Friendship goal level which could indicate that right now, this is not that important to focus on and that perhaps the friends you do have are good friends and you don't need to worry about running around trying to make new friends.

Both levels of working with the Wheels Of Life yield valuable insights and wherever you may doubt the results of what your Soul level comes up with, ask the question from your heart and gut level and tune into the feeling of which answers instinctively feel right for you and run with those. If you are sensitive and really tune in, you are likely to find that the answers from your heart/gut level resonate more closely than those you get from simply working with the Wheel on a mental level. This is because your heart and Soul are more closely tuned into the broader reality which is often obscured by the habits, beliefs and programming we have been subject to over the years (as well as influences of the sub conscious mind which runs on auto pilot behind the scenes and directly influences our perceptual filters and interpretations of reality).

Please consider working through the Wheels Of Life with your children as their responses will yield valuable insights as to the opinion they have of themselves, their lives and the goals they are currently setting for themselves. This will support you in the appropriate action you may consider taking going forward.

Be creative and have fun as you work with the Wheel of Life templates

Invite your children to create a wheel with 12 things they would like to accomplish in the next two years. Help them to understand what it might take to get there (the kind of studies and experience they will need as well as the inner resources they have which will support them in their journey e.g. leadership abilities, creative approach to problem-solving, a strong drive to succeed, patience). Help them to look at where they want to go in relation to what they have already done e.g. a goal may be to be write a best selling book. Do they read much; what type of subjects would they like to write about; how good is their command of language; have they already been writing short stories and how popular have they been etc.? Help them to evaluate how far down the line they already are, in terms of achieving their goal (they may think they are further ahead/behind than they actually are). Another goal might be to lose weight or to expand their circle of friends or to start their own business when they graduate. Their wheel can focus on goals spanning any length of time. They can even do separate wheels for short-term, medium and long-term goals.

Look to see where you can provide guidance and support. It is important to remember that when it comes to children's goals, these are things they feel driven to achieve. They may already be showing that they have natural gifts and talents in these areas. Please do not judge them for their dreams. They have every right to a future of their own making and the best thing you can do as parents is to support them in living the life they were born to live, even if it differs from your plans for them. You may be pushing a child in a direction which they simply have no interest in and you'll have an uphill battle with a child who won't be internally motivated and who will instead keep gravitating towards the fulfillment of his/her own inner yearnings.

Perhaps they would like to have their own business. We all know that they will have to manage income and expenses and that even if they hire someone to handle the finances for them, they will still need to have a certain level of knowledge and skill in managing money. However, they detest the subject of mathematics and are struggling. Link how the knowledge they will acquire by doing well in that subject will have them to achieve their goal of being an entrepreneur – visit www.upshiftentrepreneur.com. The website contains a series of modules created to train people in starting a business of their own.

Let's take another example. Perhaps your children love animals and want to work with them one day. If they create a wheel depicting some of the different career opportunities available to them, it will help them to select an area they are most drawn to. Below are some examples of different career opportunities for working with animals. Be creative. Think out of the box and together with your children, come up with possibilities of your own.

For each of the examples below, you would come up with descriptions and allocate a different one to each of the 12 spokes of the wheel. Then you would rate each spoke layer in terms of either how appealing a career opportunity within a certain industry is to you or how far down the line you already are in terms of being ready to roll-out that stage of your operation.

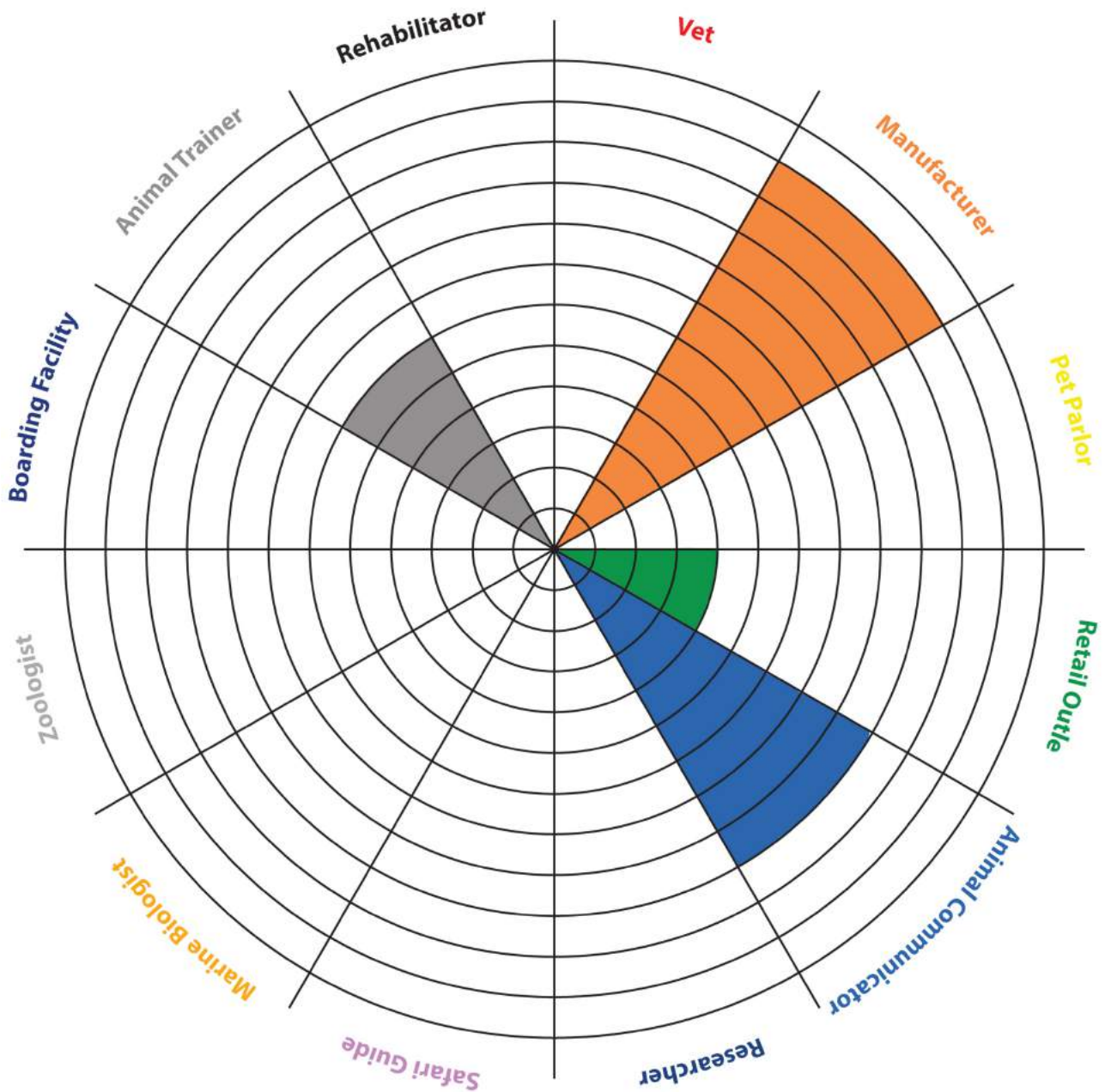
For the purposes of these exercises, we have decided to name our subject Jean this time.

Example of how to use a wheel in identifying a suitable career path
Wheel of Life : Career Specialization

1. Vet (specializing in domestic pets, horses, cattle)
2. Manufacturer of food for animals
3. Owner of a pet parlor
4. Retail outlet supplier of food and other items for pets
5. Animal communicator

6. Researcher (e.g. finding natural cures for the different types of diseases which affect different species)
7. Wildlife safari guide
8. Marine biologist
9. Zoologist
10. Owner or manager of pet boarding facility
11. Animal trainer
12. Wildlife rescue and rehabilitation

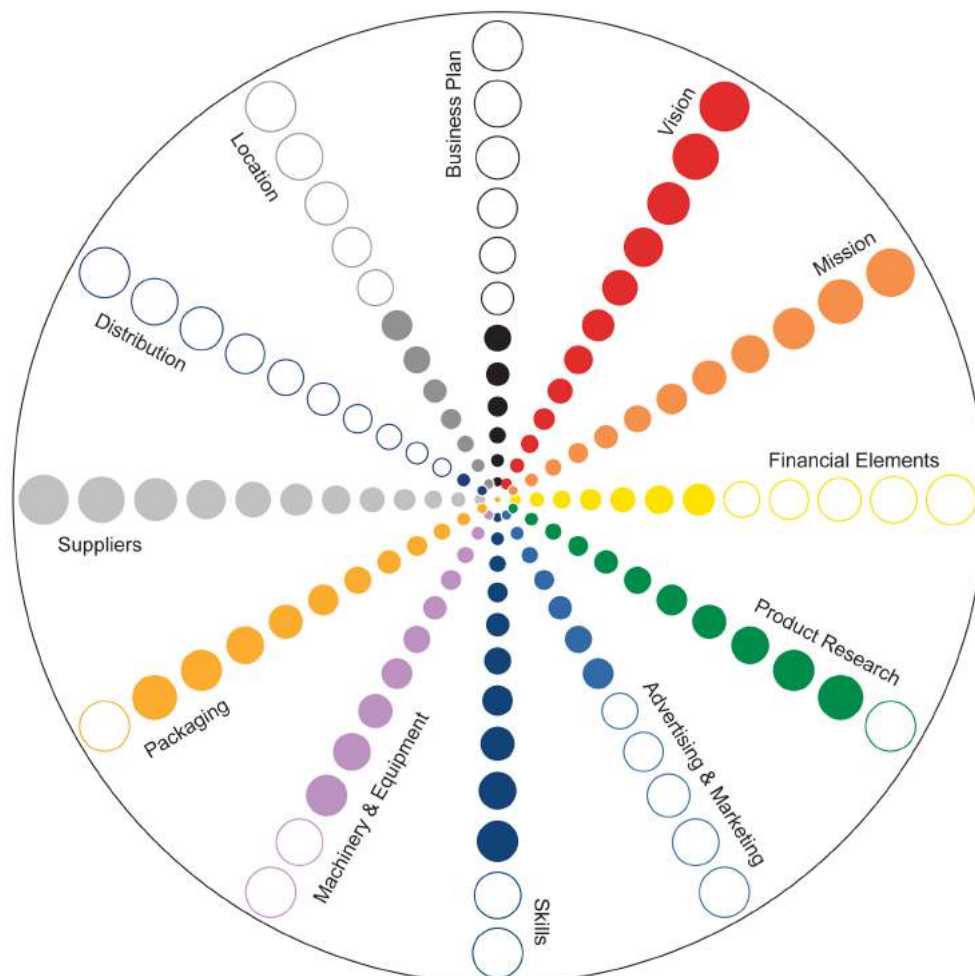
Jean has always loved animals so it was natural to see if she could find a career opportunity involving animals and their welfare. She put her top 12 choices on a wheel and decided to narrow it down as much as she could. Jean wanted a way to help as many animals she could and she realized that one of the ways to do this would be to create a factory which produced healthy, nutritious food that had no genetically modified components and was free from a heap of other artificial additives which were unhealthy. She realized that there are loads of producers out there but just like there are millions of restaurants, she'd come in too and create something which she personally knew were completely unharmed and which contained her own unique fingerprint. Manufacturing came out tops with a rating of 11/12. Jean is also very interested in animal communication (9/12) and sees a possible alternate career in training animals (6/12) and she might like to do this as a hobby. A third possibility is to open a retail outlet selling pet supplies but for the time being she would rather supply existing ones with the food her new company will manufacture (4/12). She has kept retail outlets on here wheel because further down the line she may consider opening outlets just selling the range her factory produces, and creating franchise outlets thought the country.



*Example of how to use a wheel in the planning of your own business
 Wheel of Life : Pet Food Manufacturing Plant*

Jean is using another wheel to highlight the key areas she needs to address when in planning her factory. She has already made considerable progress and is using the rating to show her at a glance, which key areas she still needs to pay more attention to. She has decided that a rating of 12/12 is her goal in getting everything in order with a focus more on getting started and the short-term than looking well ahead into the future. She realizes changing market conditions together with how well the business does, will affect future plans so she will work with her wheel on a regular basis and make modifications as necessary. Items below are taken directly from different modules to be found on www.upshiftentrepreneur.com

1. Vision for the business (what do you want to accomplish e.g. a manufacturer of pet food made from natural, organic ingredients (called a “Unique Selling Point
2. Mission for the business (this is how you are going to turn your vision into a reality. It is your strategy in a few sentences e.g. we support our nation by sourcing ingredients from organic farmers throughout the country)
3. Financial elements
4. Product research
5. Advertising and marketing to retail outlets and vets
6. Skills required
7. Machinery and equipment needed
8. Packaging
9. Suppliers
10. Distribution
11. Location of our premises and suppliers
12. Business plan

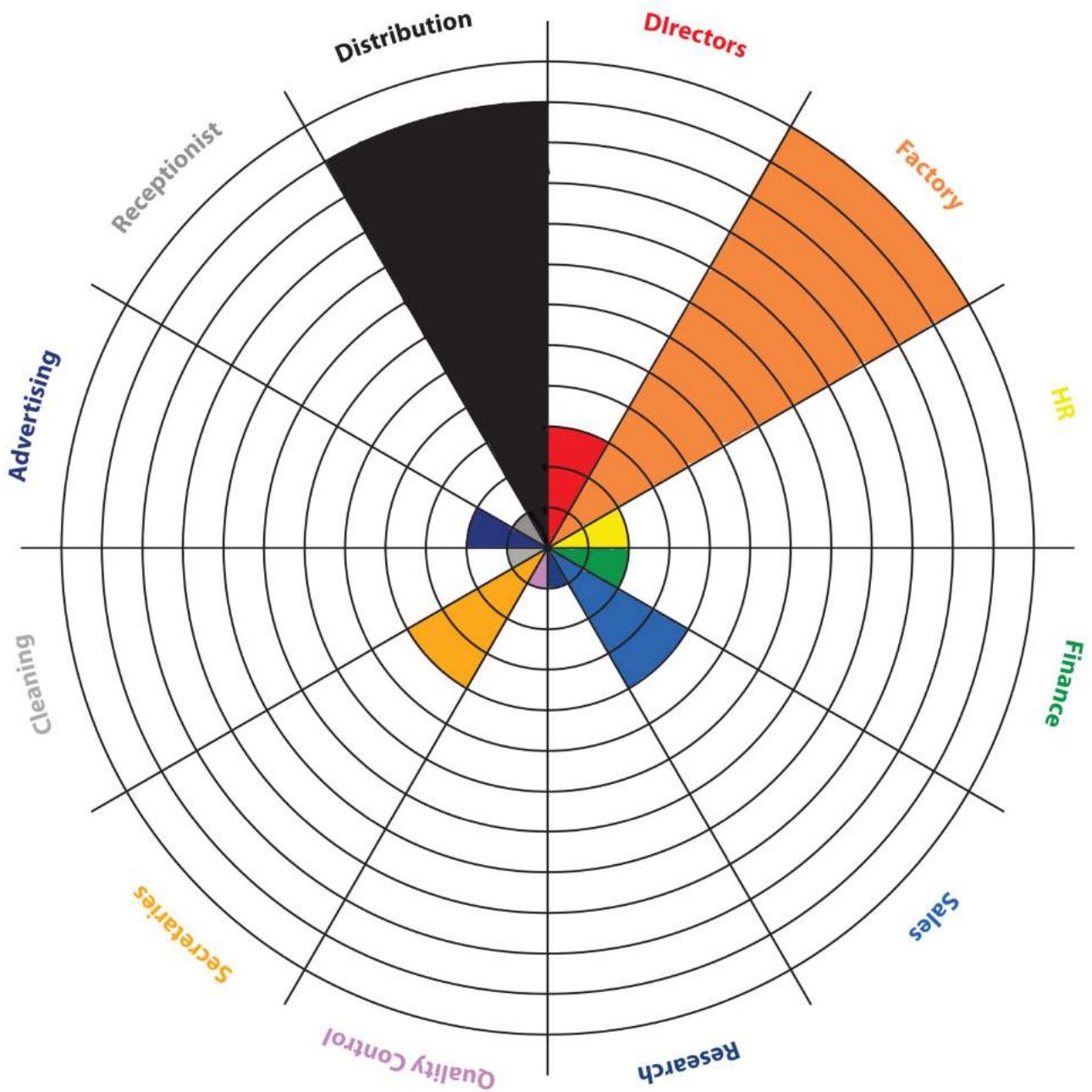


Jean is crystal clear about why she is starting her business and how she is going to make it a reality (both ratings 12/12). She is confident with the results of her research but keeping a spot open to remind here not to become complacent and to keep-up with industry developments. She has drafted her advertising and marketing plan but still has a way to go. She is already hiring the people with the qualifications and experience she is looking for in the skills arena but would like to locate a specialist in a field she is not yet having much luck in finding. She has started purchasing the machinery and equipment she needs and will give her rating a 12 when the rest of what she has ordered arrives. She is almost completely there on the packaging side but want to leave room for changes once the goods start being circulated in the market. She not only has an excellent team of suppliers but a heap of backup suppliers should any on her list become unsuitable or go out of business. She is currently focusing on distribution (2/12). Location does not only involve the location of your own premises and suppliers, but also the location of one's customers. Jean's work is complete with the former but as her advertising and marketing plan is still pretty much in its infancy, she has quite a bit of work to do in deciding which geographic locations she will distribute to and consequently how she will reach those target markets. Jean is halfway through her business plan.

Example of how to use a wheel in the planning of your own business
Wheel of Life : Staff Requirements

Jean wants to have a bird's eye view of the staff she needs in her factory. She already knows what skills she needs her employees to have, and now she just wants to create a quick picture of what her staff complement might look like. She is using the bands of the wheels to show the number of staff she will have in each of the key positions she has identified that would suit her current requirements.

1. Directors (3)
2. Factory Staff (12)
3. Human Resources Department (2)
4. Finance (2 - bookkeeper and accountant)
5. Sales (4)
6. Head of Research (1)
7. Quality Control Manager (1)
8. Secretaries (4)
9. Cleaning (1)
10. Advertising & Marketing (2)
11. Distribution and Packaging) (11)
12. Receptionist (1)



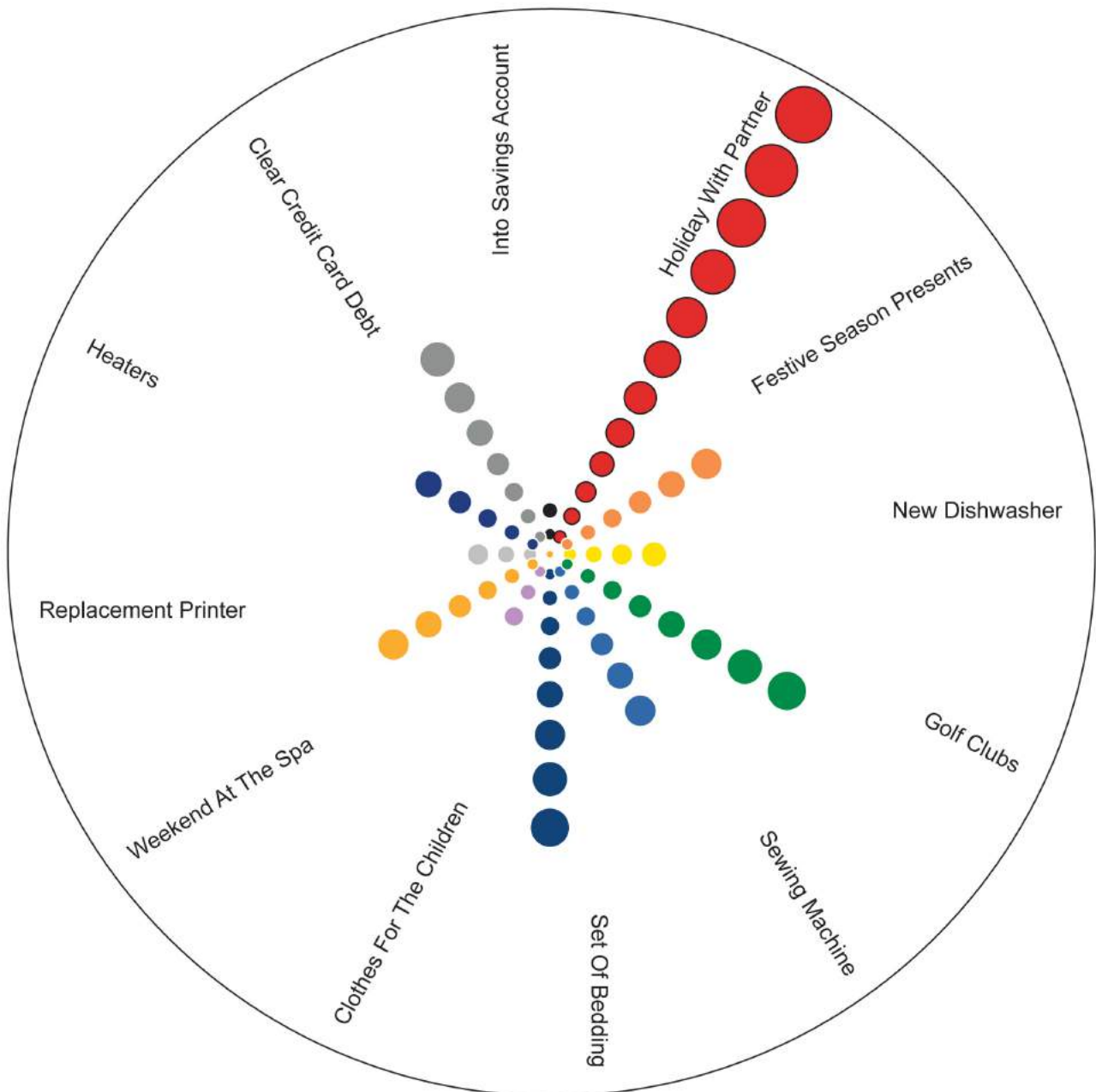
You can create a whole wall filled with wheels to that you can see the big picture and more detailed elements at a glance. It is so much fun to do this and a lovely tool to help to keep you inspired.

*Example of how to use a wheel when appropriating income
Wheel of Life : Money Allocation*

You might like to create a wheel about how you are going to spend your 13th cheque at the end of the year | your birthday money | your inheritance | or even what you want to have extra money for during the coming months. Choose 12 things you would like to spend the money on then decide on how much money each circle will represent as you need to make sure they are all

worth the same amount otherwise you will not get an accurate quick clear picture of the money you have allocated. Here we are working in units of 1000 and we have allocated an amount of 70000 among 12 different categories.

1. Holiday with partner (12000)
2. Festive season presents (6000)
3. New dishwasher (4000)
4. Golf clubs
5. Sewing machine (6000)
6. Set of bedding (8000)
7. Clothes for the children (3000)
8. Weekend at the spa (6000)
9. Replacement printer (3000)
10. Heaters (5000)
11. Clear credit card debt (7000)
12. Into savings account (2000)



*Example of how to use a wheel when monitoring progress with studies
Wheel of Life : School Grades*

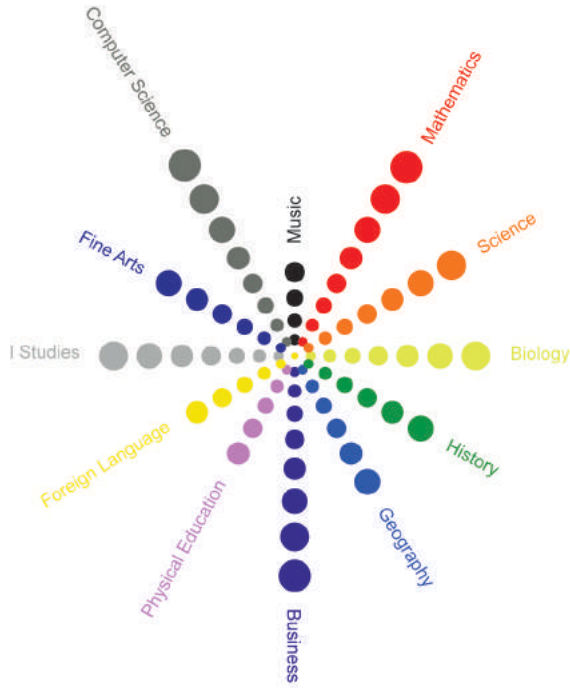
How about creating a wheel to represent your child's final average score for last year and then create a wheel for each term of the current year so you can see at a glance which subjects your child is passing or failing and which ones he/she needs to or wants to pay more attention to. Write the subjects of your choice in the wheel along with the mark, then colour in the band up to the height the mark falls within (or use the template with the circles as we have) i.e. if the mark is anywhere in the 60s, colour in bands 1-6 (or colour in 6 circles, beginning at the middle of the circle). Go back all the way to your child's first year at school if you like as this will give you such a good feel for your child's academic progress/focus over the years.

It makes for a lovely record for them to paste on their wall. Even if they are not top achievers, encourage them to be proud of what they have achieved.

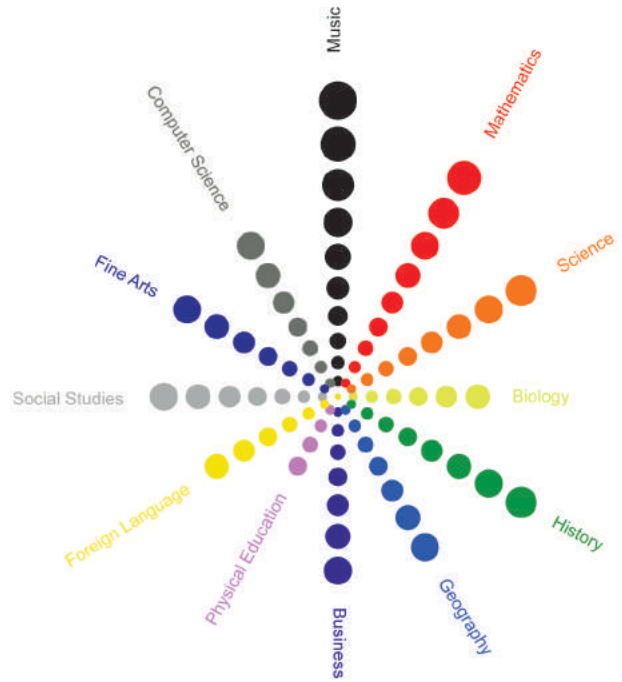
	End Year	1 st Term	2 nd Term
1. Maths	70s	90s	80s
2. Science	70s	80s	70s
3. Biology	70s	60s	60s
4. History	60s	80s	70s
5. Geography	60s	70s	70s
6. Business/Entrepreneurship	80s	70s	90s
7. Physical Education	50s	40s	60s
8. Foreign language	50s	60s	50s
9. Social Studies	70s	60s	70s
10. Fine Arts	60s	70s	60s
11. Computer Science	80s	70s	80s
12. Music	40s	40s	50s

Here we have used the word “Term” to indicate the first half (1st Term) and second half of the year (2nd Term). The “End year” represents the average of the 1st and 2nd term test results. By recording results in this way, one can easily see which subjects he is doing well in and which subjects he needs to work harder at.

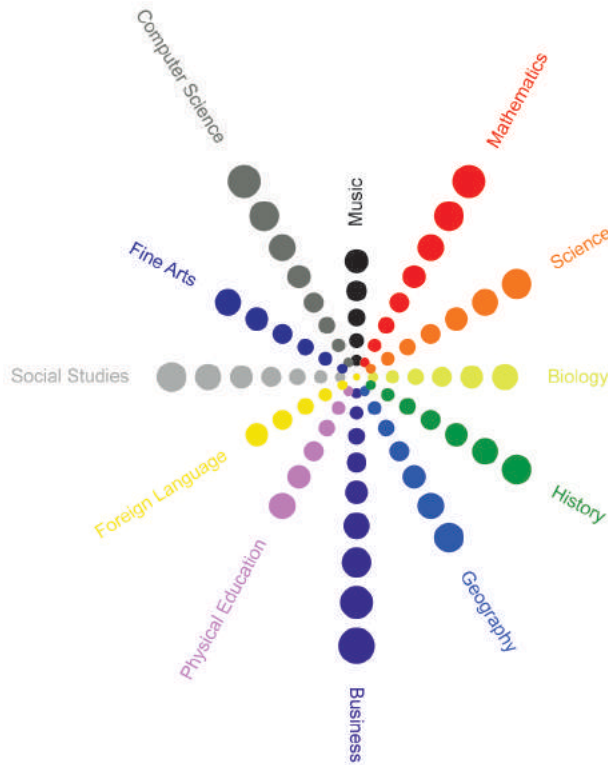
Year End Results



1st Term Results

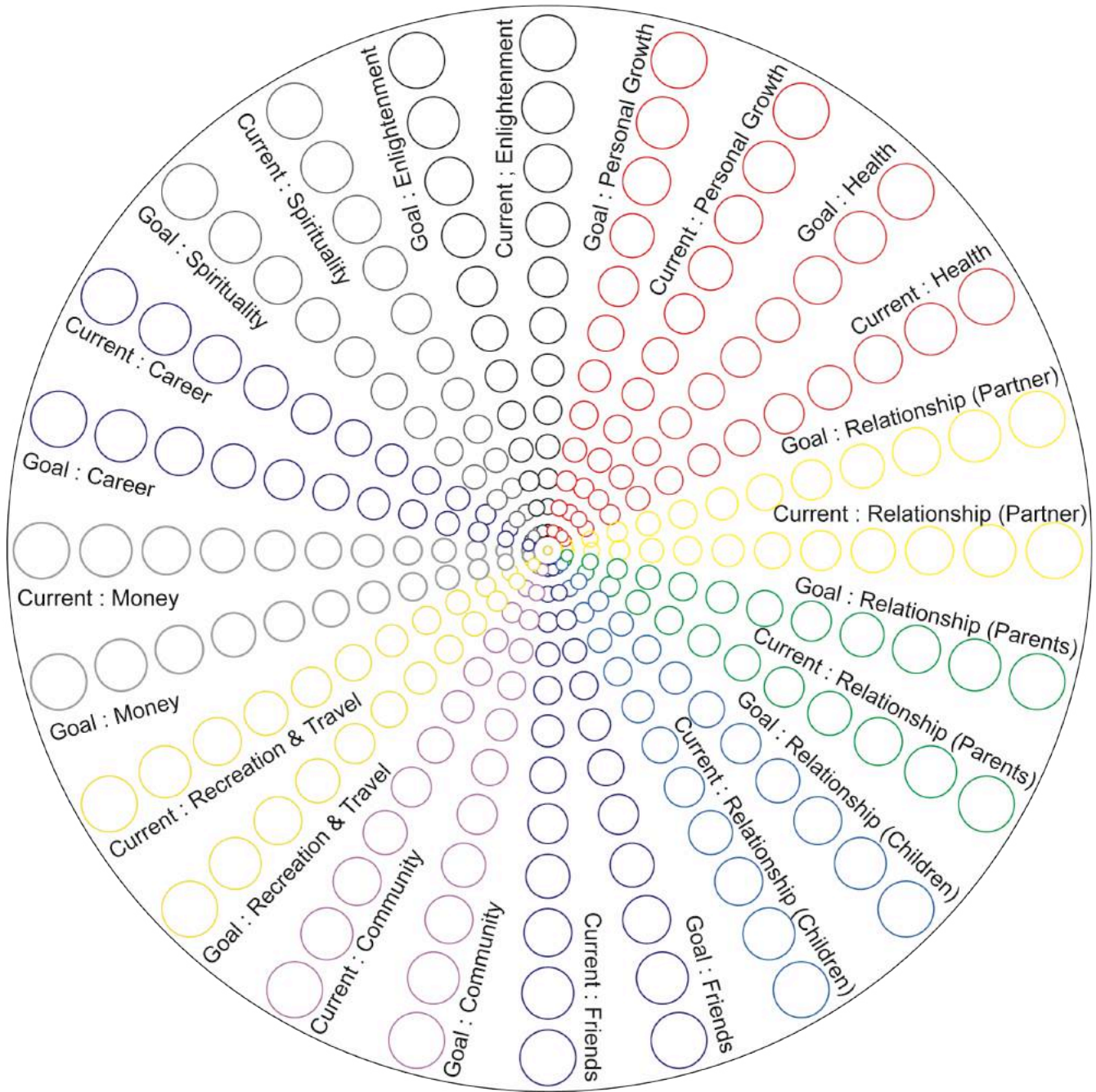


2nd Term Results



Wheel of Life Template 1

Name Date

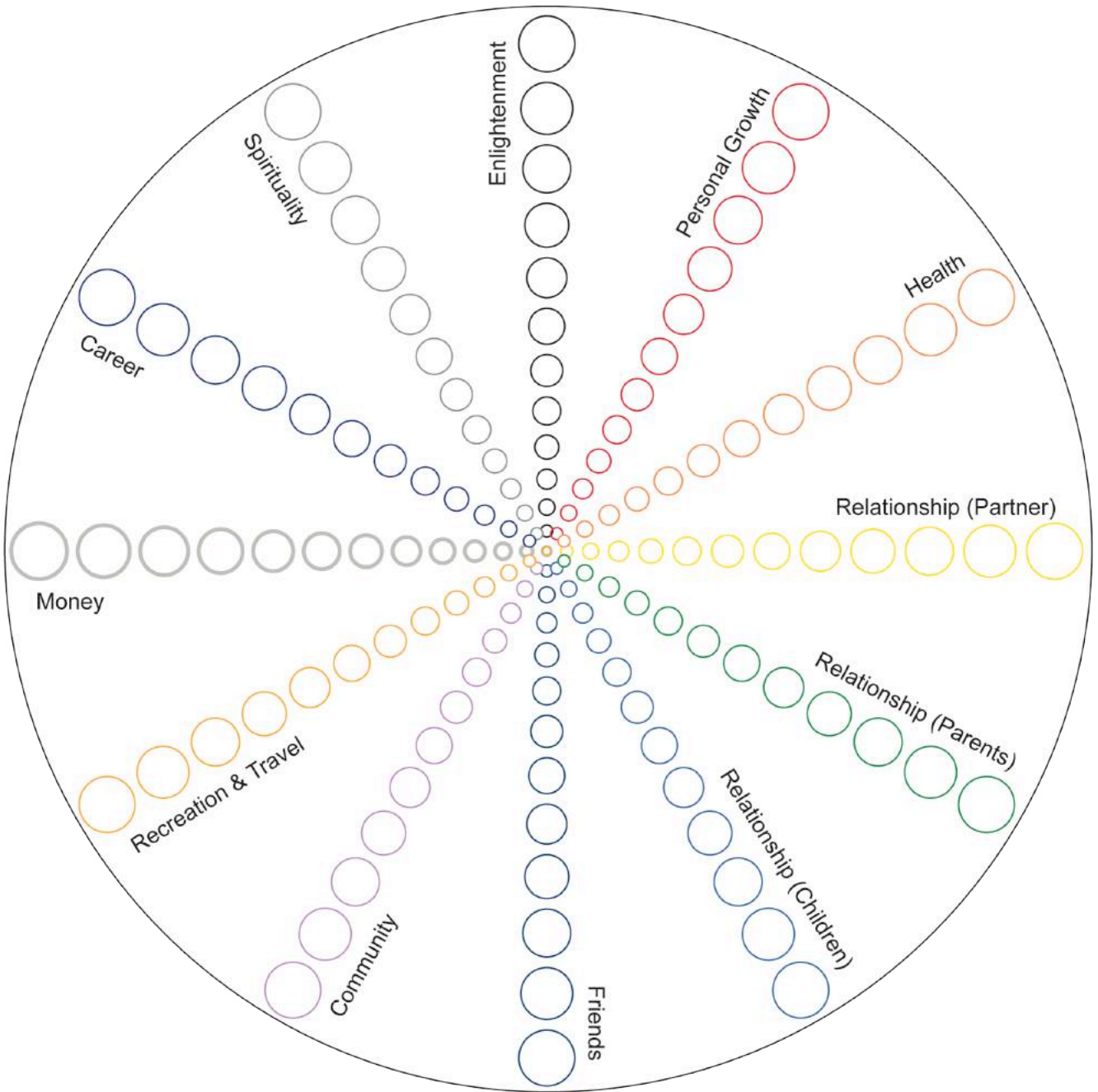


Notes

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Wheel of Life Template 2

Name Date

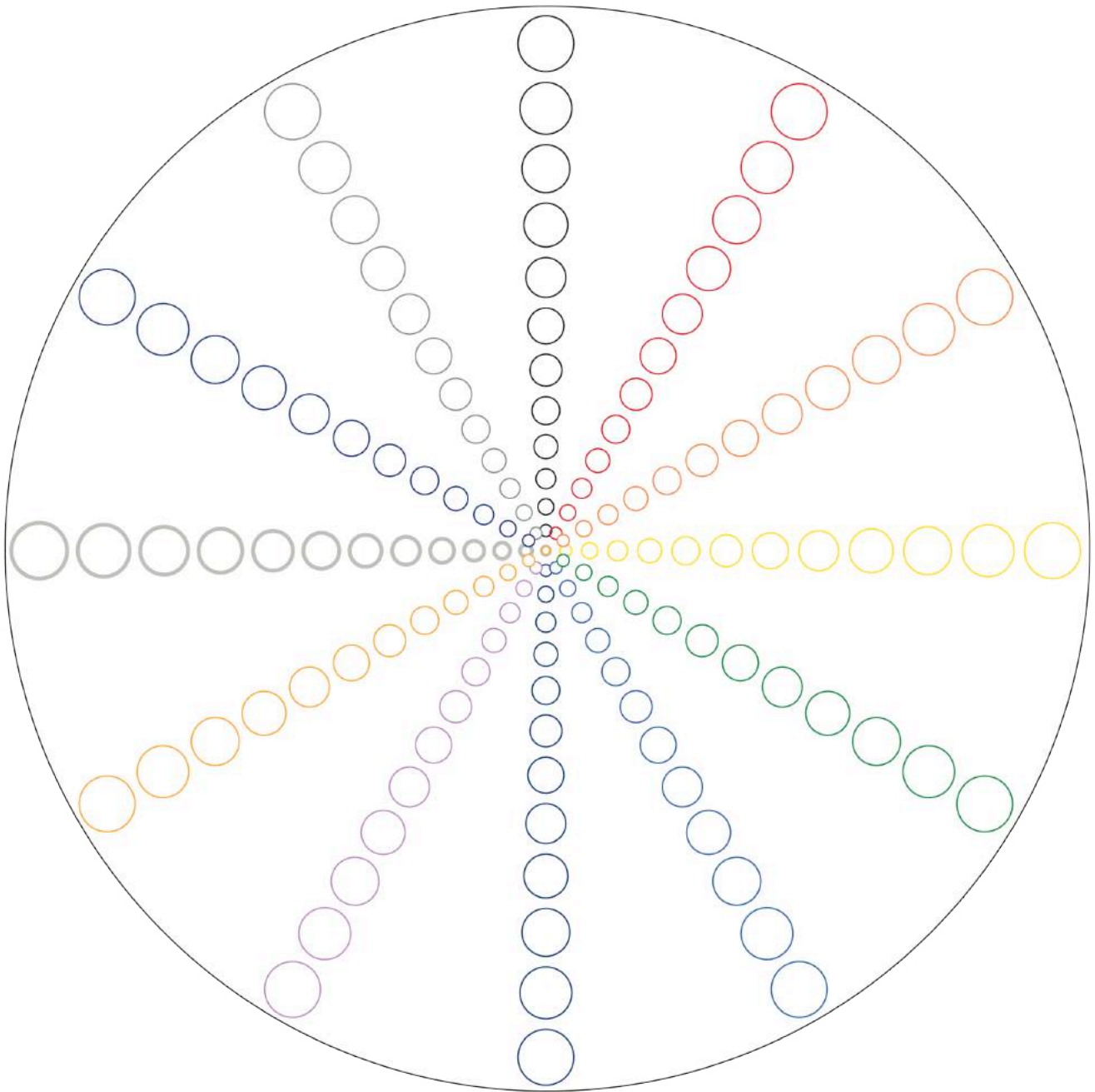


Notes

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Wheel of Life Template 3

Name Date

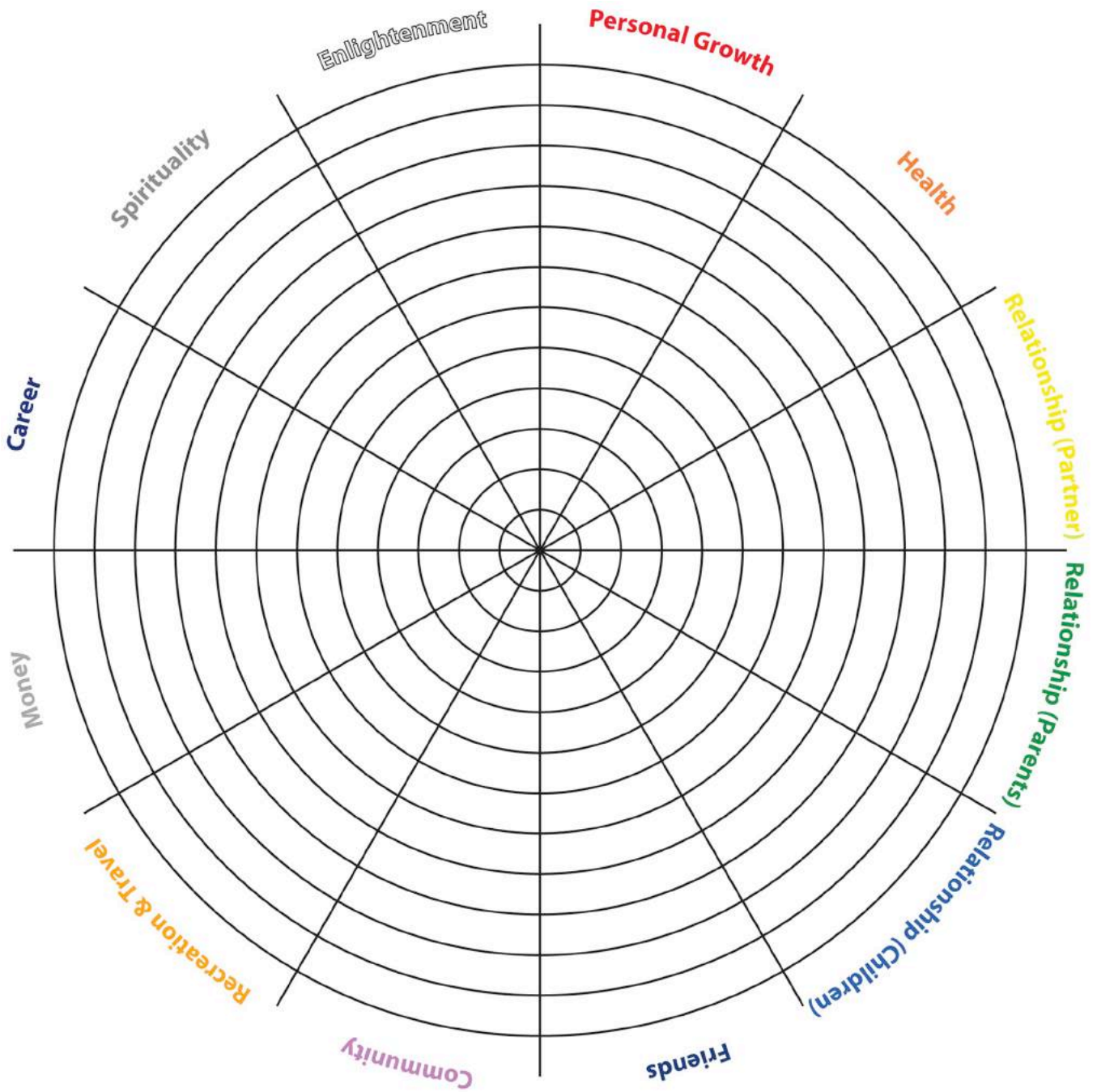


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Wheel of Life Template 4

Name Date

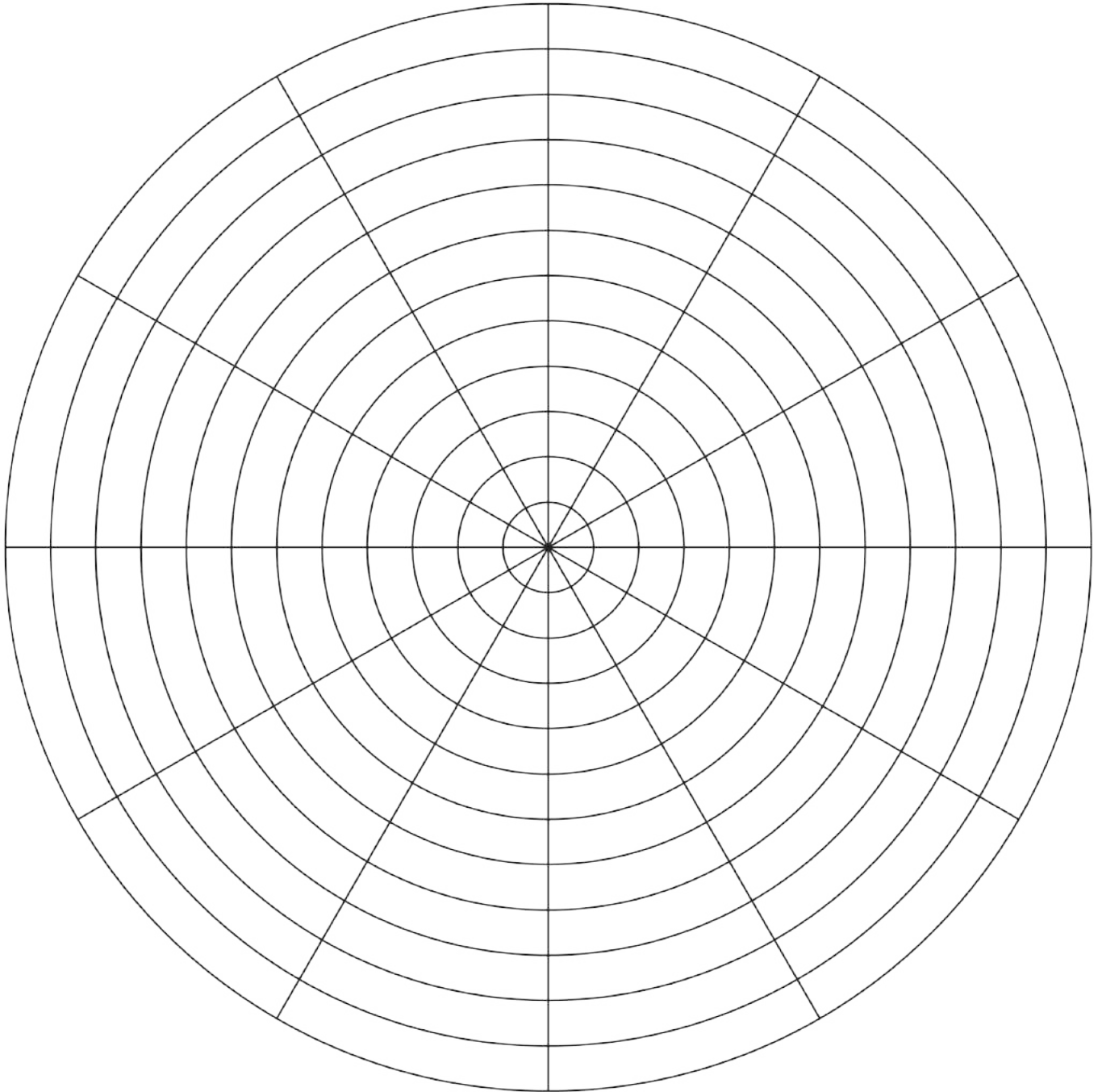


Notes

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Wheel of Life Template 5

Name Date



Notes

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Wheel of Life Section Headings

Name Date

Personal Growth

Health

**Relationship
(Partner)**

**Relationship
(Parents)**

**Relationship
(Children)**

Friends

Community

**Recreation &
Travel**

Money

Career

Spirituality

Legacy

Wheel of Life

The Mind's Numbers For Current And Goal Position

Name Date

1
Mind
Current

7
Mind
Current

1
Mind
Goal

7
Mind
Goal

2
Mind
Current

8
Mind
Current

2
Mind
Goal

8
Mind
Goal

3
Mind
Current

9
Mind
Current

3
Mind
Goal

9
Mind
Goal

4
Mind
Current

10
Mind
Current

4
Mind
Goal

10
Mind
Goal

5
Mind
Current

11
Mind
Current

5
Mind
Goal

11
Mind
Goal

6
Mind
Current

12
Mind
Current

6
Mind
Goal

12
Mind
Goal

Wheel of Life
The Soul's Numbers For Current And Goal Position

Name Date

1
Soul
Current

7
Soul
Current

1
Soul
Goal

7
Soul
Goal

2
Soul
Current

8
Soul
Current

2
Soul
Goal

8
Soul
Goal

3
Soul
Current

9
Soul
Current

3
Soul
Goal

9
Soul
Goal

4
Soul
Current

10
Soul
Current

4
Soul
Goal

10
Soul
Goal

5
Soul
Current

11
Soul
Current

5
Soul
Goal

11
Soul
Goal

6
Soul
Current

12
Soul
Current

6
Soul
Goal

12
Soul
Goal

What insights have you had while working with your Wheels of Life?

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Invitation for feedback

I hope you received great wisdom and insights in working with the Wheels of Life and if you would like to tell me a little about your experience of working with the wheels, that would be awesome!

The Wheels of Life are a great companion to the **BeforeSleep Files of Life** which are a series of portfolios which help you to organize all of your important documents in one place, which will be needed by an executor one day to wind up your estate – visit www.fileoflife.net.

If you wish to achieve more of your potential in the world of business, please visit www.upshiftentrepreneur.com and take a look at the online **Business Blueprint for Success**. There is great information, training material and wisdom in the modules. The Blueprint is a product I recommend to everyone who wants to start a business or grow an existing one.

Other areas of specialization include transformational life and business coaching sessions (as well as the elimination of limiting beliefs held within the sub conscious mind) which will help you to achieve more of your magnificent potential. I have many delightful, non-threatening processes I work with to give you optimal support, breakthroughs and success, no matter which area you are experiencing challenges with!

You may reach me via susan@adimpact.co.za. You may also call me on 072 276 6222 (International : + 27 72 276 6222)

Please invite your friends and colleagues to visit our website and obtain their own Wheel Of Life too.

Until we meet again, stay well, be happy and create a great life for yourself!

WISHING YOU A LIFE FILLED WITH
LOVE, JOY AND PROSPERITY