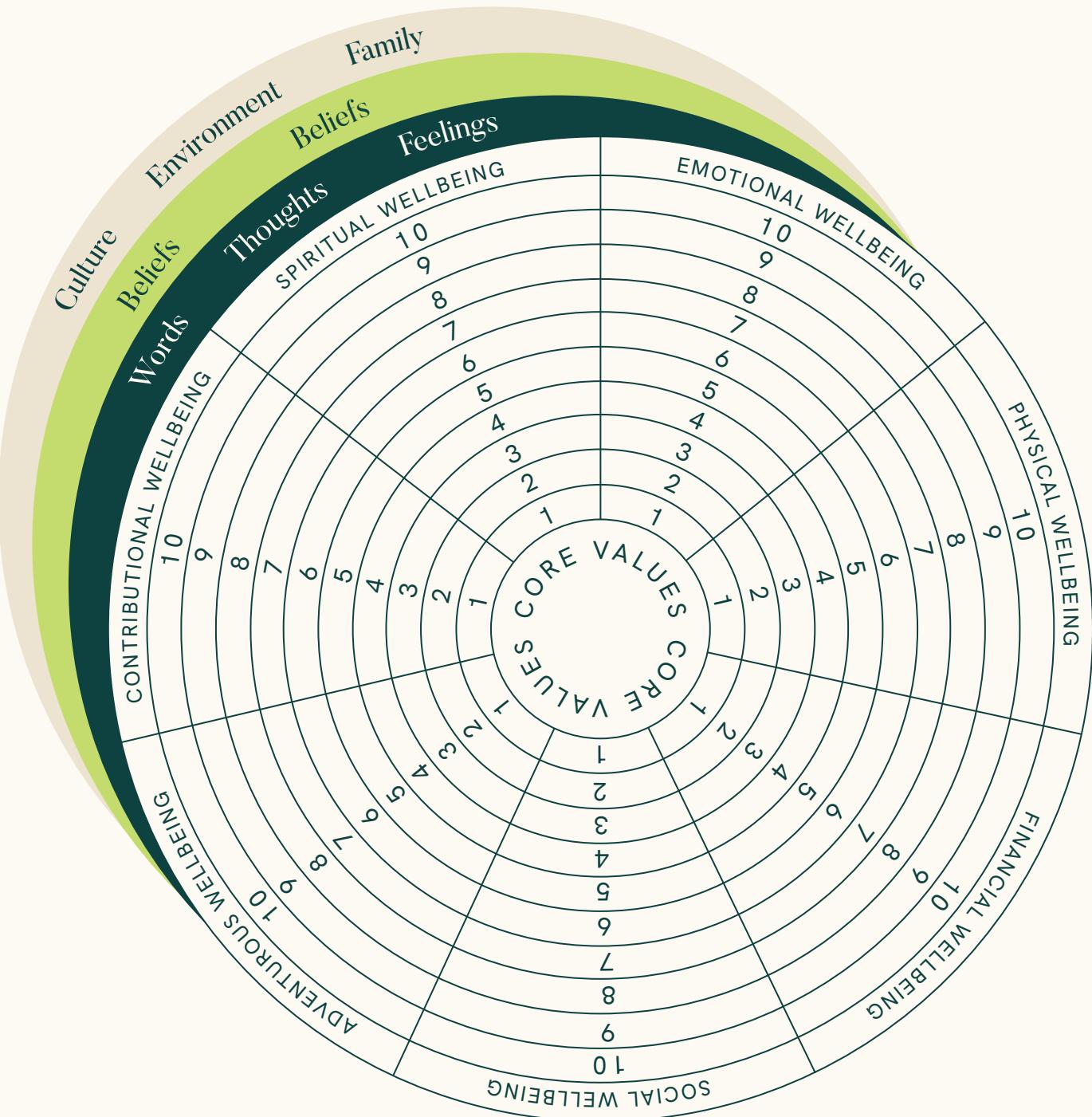




welllderly

WHEEL OF WELLNESS



The Wheel of Wellness is a practical measuring tool to measure Wellness in each of the 7 key areas of life. When we take consistent action in improving the score in each area to become Wellderly....not elderly.

To learn more about becoming a Wellderly visit www.wellderly.co.za or email me on liesl@wellderly.co.za

WHAT IS THE WHEEL OF WELLNESS AND HOW TO USE IT

I have found that one of the best motivators when one consciously takes action to shift something or improve something is to see results. The challenging part in our lives is that we do not often see results immediately and therefore get demotivated.

I have developed the Wheel of Wellness which is a working document or tool that can be used to track our changes. It is an interactive tool, where visible changes are documented, so it makes adopting new habits easy and very motivating.

How to use the wheel

The wheel has 7 "slices" each of which represents a key area of our lives in which we can consciously take action or make small steps to improve and achieve great results which leads to great lives.

- The first step is to score yourself in each of the areas. Scoring yourself 1 means that in this area you are not doing well, you are frustrated and desperate for improvement. Scoring yourself 9 or 10 means that you are very happy with this area and do not want to change anything.
- Now, make a dot where you score yourself in each area.
- VERY IMPORTANT: This is your tool and nobody else's. It is not going to be published anywhere, seen or read by anyone except YOU therefore you have to be VERY honest with yourself.
- Once you have 7 dots, connect the dots so that it starts looking like a spider web
- When you start taking action in each of the areas to make improvements you will, after a few months or even weeks, score yourself again, make new dots and connect the dots in a different colour so that the improvements are visible.

Another note on the Wheel of Wellness is the centre/core which represents your CORE and CORE values. This is what makes you unique. Determining your core values is part of the "Midlifekickstart Course" and we discuss this in detail at the start of the course. You might already know what they are.

The outer parts of the wheel are what I call energies that have shaped you and determined who and what your current situation is. We discuss this in detail in the online course and also help you with practises and tools to use on how to let go of what no longer serves YOU.

The most important piece of this scoring process is to be 100% honest with yourself, you do not need to impress anyone or get exceptional marks for this. It is your tool and as mentioned, only you will ever see and use it.

My wish for you is that is a practical tool to help you grow and design a new beautiful life true to YOU. We also use this tool throughout the online course MIDLIFEKICKSTART to measure growth if you want more information on the course go to www.wellderly.co.za

With Love,

Liesl