

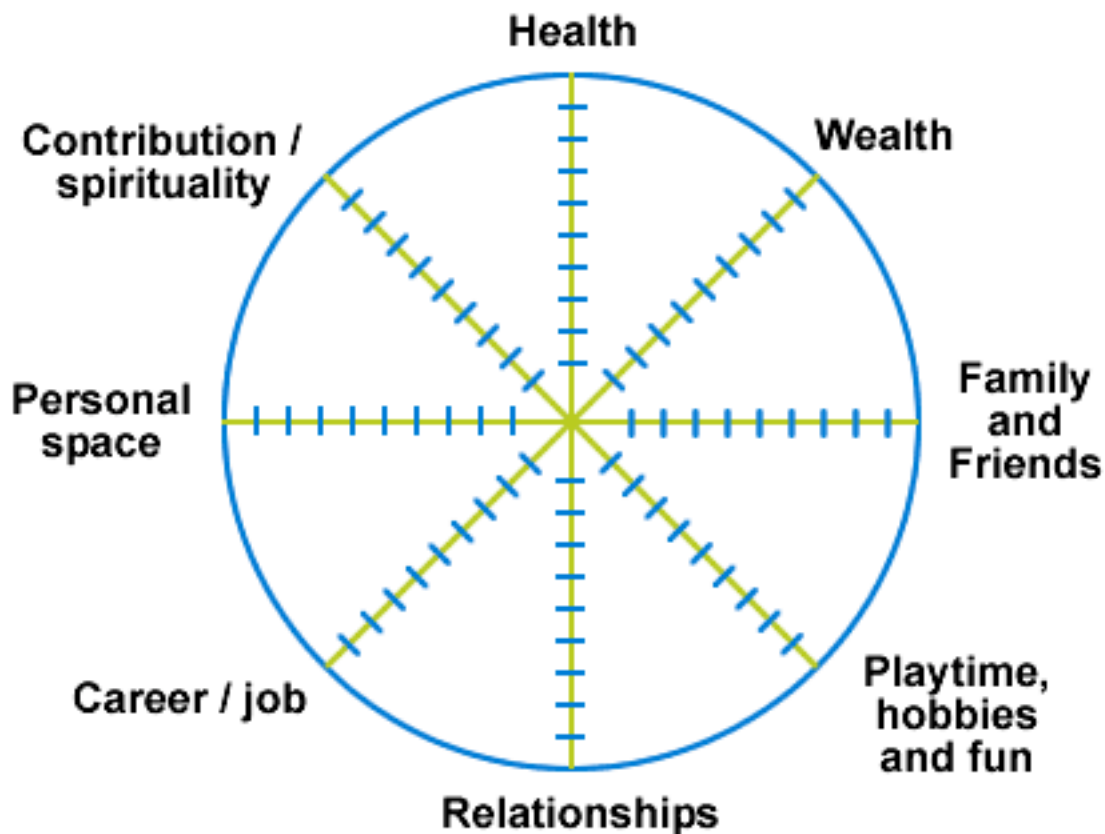


The Wheel of Time

This is a great tool for you to take a really quick look at where you're spending your current time, and assess how satisfied you are with that, so that you can make simple changes that will create a powerful difference in the time you experience!

Often we think we have to **'find more time'** to do more of the things we love that bring us happiness, when the reality is that we only ever have the same number of hours in each day as everyone else and that this number is unchangeable. The reality is that by simply committing to spending more time doing something in particular, we will unconsciously adjust the time we spend doing other things to accommodate the change!

Step 1. Have a think about each of the labelled lines of the circle below in terms of how satisfied you are with the amount of time you feel you're currently 'spending' in that area.



Step 2. Give your level of satisfaction for each aspect of your life a number on a scale of 0-10 with 0 being 'completely unsatisfied' (the centre of the circle) and 10 being 'totally satisfied' (the outer edge of the circle) and mark a dot on the corresponding line to mark that satisfaction level.

Step 3. Complete this for each life aspect and then join up your dots – you will end up with an uneven 'wheel' shape. If you think about this wheel being the wheel of your life, how bumpy a ride is it right now in terms of your satisfaction with your days and how you spend them?

Step 4. Pick the two areas which have the lowest satisfaction ratings (you can do this for any others that rate below a '6' later also) and brainstorm two things for each that you could choose to change or make happen that would make a difference **right now**. It may be committing to a regular 'date night' with your partner, or putting some time into finding your dream partner, or a regular night out with your mates. It could be committing to a regular 30 minute walk around the block at work or in the evening two or three days a week. *Get creative about how you can shift the 'satisfaction rating' and brainstorm with someone if that helps.*

Step 5. Write/input the new commitments into your electronic or paper diary on a recurring basis and let anyone who may be affected know your plans so you can all make it happen!

Step 6. Enjoy a new level of satisfaction with **the time of your life!**