

LIFEWHEEL



LIFEWHEEL

Lifewheel Journal

The journal is based on the Lifewheel system. It is a simple reflection tool to help you build self awareness and create more balance in your life. The purpose is to get a deeper connection to yourself, and see which little actions you can take now, to have tremendous impact on your life satisfaction and happiness.

www.lifewheel.com

@lifewheel_

Lifewheel Journal is a tool to help you prioritize positivity daily and help you grow into the human being you already are.

Designed & printed with love in Copenhagen, Denmark.

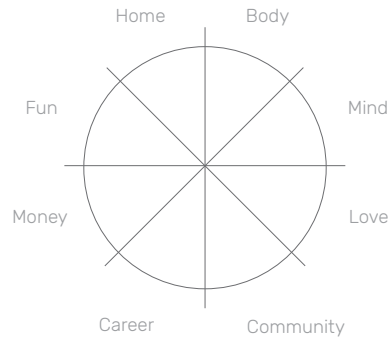
© 2018 Lifewheel

—
LIFEWHEEL

The Lifewheel System

The Lifewheel circle represent your full life. It consists of eight categories that represents the different areas in our life, that is important for us as human beings to thrive.

Through focused reflection within one category at a time, it gets easier to see where needs aren't being fulfilled and where you can focus to take action.



Daily reflection & actions

Example on page 8






1. Reflect & rate

With Lifewheel you reflect within one category at a time - we call this focused reflection.

Ask yourself:

How do I feel about this area right now?

Pay attention to the thoughts, ideas and wants that pop up. Then rate that category on a scale from 1 - 5, depending on how you feel about it:

				
1	2	3	4	5
Unhappy	Not good	It's ok	Good	Great

2. Setting actions

After rating each category, it is time to take action. Again, take one category at a time. We recommend you start with the ones that have the lowest score. Ask yourself:

What can I do today to give this area some love and energy, and improve how I feel?

Focus on the process and small initiatives. If your body is at a 2, it is not about setting a goal to run a marathon. It would rather be to go for a walk, take the stairs instead of the elevator - move in the way your body needs. Start from where you actually are, and take one step at a time. Consider how you can incorporate the activity into your existing schedule and habits.

Weekly review & plan

Example on page 9

Review the past week

What made you happy? (keep doing)

Note down the activities and people that made you feel, satisfied, peaceful, good, content, happy, grateful, at peace or energized.

These are mental notes on what to keep doing. It is also a place to look for inspiration when you may be feeling low, uninspired or lost.

What made you unhappy? (stop doing)

Note down the activities and people that made you feel unhappy, frustrated, sad, stressed or tired. Which activities and people drained your energy? When did you compromise on your needs? Are there any patterns you repeat that makes you unhappy?

These are mental notes on what you can change to take care of yourself and improve your well-being. It is a place to look back to identify patterns of self destructive behavior that is keeping you back from realizing your full potential.

Plan the coming week

What would make the coming week great?

This is your chance to make your week great. Prioritise the people and activities that gives you energy and makes you feel connected. What is important for you to do the coming week? What did you learn from last weeks do's and don'ts - Is there anything you can repeat from the do's and change from the don't?

Calendar

Get a quick overview of your week, jot down important activities you need to remember. Schedule items from the 'What would make the coming week great' section to increase the likelihood of it actually happening. And check in with yourself, are there any of the activities you noted down that you actually need to change, to be in better alignment with your values and energy?

"Life is 10% what happens to you, and 90% how you react to it."

- Charles Swindoll

Categories

Body | *The state of your body and physical health*

Are you satisfied with your level of fitness and your physical abilities? Do you know which foods serve your body? Do you get the nutrition you need? Do you have habits to easily maintain your health and well-being? Are you approaching your health in a proactive and generative way?

Mind | *Personal growth and mental health*

Are you regularly fully present in the now and with the activities you engage in? Do you have a belief system that sustains you no matter what circumstances life throws at you? Do you know which activities grows and expand you? And do you participate in them regularly?

Love | *Romantic relationships and interactions*

Are you open to creating an intimate loving relationship? Are you free from past resentments or blame in the area of intimate relationships? Are you willing to risk yourself and be vulnerable for the sake of intimacy? Do you create romance in your life?

Community | *The people you engage with - friends & family*

Do you have the experience of family in your life, whether or not it is with biological relatives? Does your friendships nourish and sustain you? Do you trust the relationships you have - nothing feels hidden or withheld? Do you prioritize time and plan activities with the people that are important to you?

Career | *Your livelihood - professional or academic work*

Do you feel you have found the right livelihood? Are you energized from your work-processes and the environments you work in? Are your talents and skills well used in your work? Do you see oppurtunity for growth and development in a direction that aligns with your values? Do you enjoy the people you work with?

Money | *Your spending habits & financial situation*

Do you have enough money to do the things you want and to accomplish what is important to you? Do you manage your money and financial affairs well? Does your financial future feel robust and sustainable?

Fun | *Hobbies and activities that excites or recharges you*

Do you know which activities recharge you - and do you participate in them regularly? Do you create enough space in your life to relax and enjoy yourself and others? Do you regularly take the time you need to experience play, adventure and leisure? Do you regularly create fun for yourself and others?

Home | *The place you live in and immediate surroundings*

Do you feel nourished and supported by your home? Are you surrounded by things you love that have meaning to you - does it serve you? Is your wardrobe a clear expression of who you are - do you love being in the clothes you wear? Do you have access to the level of city life and nature you need?



Rate each category

- 1 Unhappy
- 2 Not good
- 3 It's ok
- 4 Good
- 5 Great



LIFEWHEEL

Set actions

Body
swim in ocean
yoga class at 5pm

Mind
20 mins morning meditation ✓
read before bed

Love
trust the universe

Community
Walk in forrest with mom and the dogs
coffee date with Anna

Career
edit podcast and send to Tina for approval ✓
find a daily office space

Money
review budget for next month ✓

Fun
roller skating with Thomas

Home
water the plants

Define activities which can improve (if low) or sustain (if high) how you feel within the category. Maybe it's a small chore you need to get out of your system instead of procrastinating. And if nothing pops up, you can leave the category blank.

During or at the end of the day, check off the items you completed.

Note down three things you are grateful for each day, or one thing you are grateful for and three reasons why.

Today I'm grateful for:

1. good friends I can celebrate my birthday with
2. to be able to bike to the ocean
3. my dog Happy

What made you happy? (keep doing)

What made you unhappy? (stop doing)

What will make the coming week great?

Body

Ocean swim, biking to work, eating greens, no alcohol, yoga

Body

sitting still, eating too much, dehydration

Body

More yoga, try wrestling

Mind

be honest with people in the moment, meditate, read

Mind

Reading, meditation, getting things done

Mind

not being mentally challenged, too much time on social media, not sticking to plans

Love

love yourself, don't get tempted by tinder!

Community

create more social interactions with the good people - call Raquel, lunch with dad

Love

Enjoying the freedom, being open and setting clear boundaries

Love

tinder dates, trying to impress people and not being true to myself

Career

more structure in projects and daily schedule

Money

spend less on eating out

Community

Coffee with Anna, Spontaneous time with roommate, forrest trip with mom

Community

Saying yes to hang out with people that drain me, too much alone time - lonely

Fun

beach house, book trip to Bali

Home

time in the garden

Career

Podcast editing done, jamming with Tina, focus + flow, working with the team

Career

procrastination, no inspiration - working on stuff that drains my energy and mood

Monday

Morning yoga

Tuesday

call Raquel

Wednesday

lunch with dad

Money

Spending on groceries to cook, midnight burger king with Tina, taxi to get home when bike failed, being generous

Money

eating out at poor restaurant with people I dont connect with, stocks stress me

Plan work schedule for the week

Buy gift. Thomas

Wrestle class

Thomas' birthday

Fun

Roller skating with Thomas, improv comedy class, soccer match, dancing in glitter to Tam

Fun

Standing in the bar when I really want to dance, if I don't make fun plans

Thursday

book Bali trip

Friday

8.30 doctor appointment

Saturday / Sunday

BEACH HOUSE 😊

Home

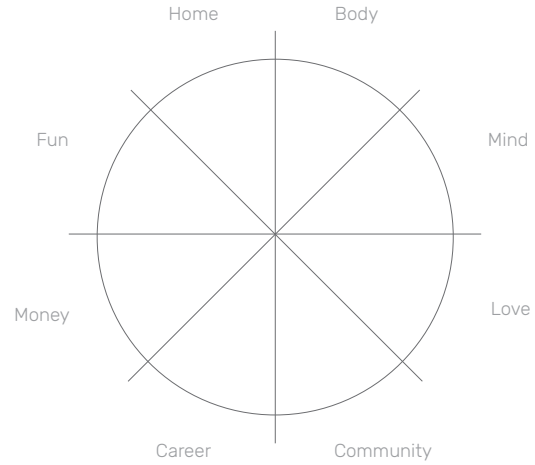
Cooking at home, taking time to give the plants some love, rearranging the livingroom

Home

Cluttered bedroom, too much time at home

Cook with Tina





Body

Mind

Love

Community

Career

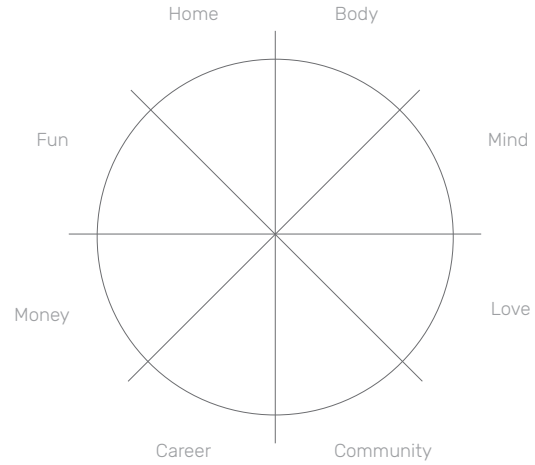
Money

Fun

Home

Today I'm grateful for:

1. _____
2. _____
3. _____



Body

Mind

Love

Community

Career

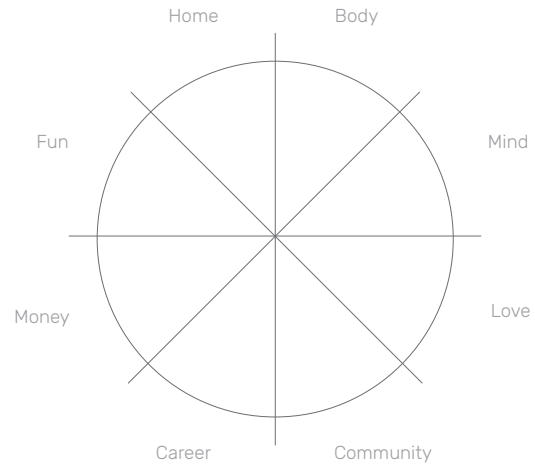
Money

Fun

Home

Today I'm grateful for:

1. _____
2. _____
3. _____



Body

Mind

Love

Community

Career

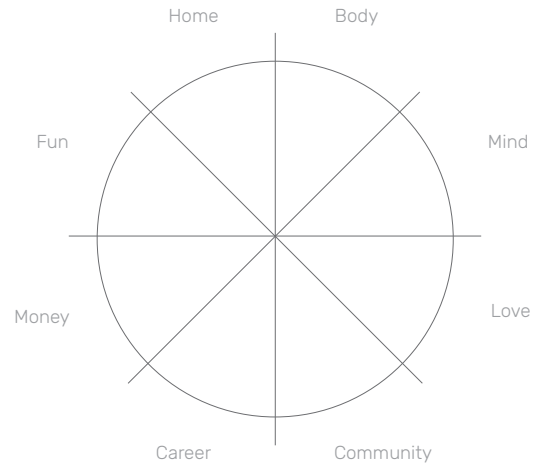
Money

Fun

Home

Today I'm grateful for:

1. _____
2. _____
3. _____



Body

Mind

Love

Community

Career

Money

Fun

Home

Today I'm grateful for:

1. _____
2. _____
3. _____



Body

Mind

Love

Community

Career

Money

Fun

Home

Today I'm grateful for:

1. _____
2. _____
3. _____



Body

Mind

Love

Community

Career

Money

Fun

Home

Today I'm grateful for:

1. _____

2. _____

3. _____

