



Module 1

Where am I now and where do I want to be?

Before we start:

Make sure you have a lovely book to write all your exercises in, and a folder where you can store completed worksheets so you can easily find them again for later reference. We want to be able to refer back to your exercises easily. Please bring both with you to every session so we don't have to wonder what we wrote down last time.

Decide on your Reward

Decide how you're going to reward yourself for walking this courageous journey! **Write down your reward on the first page of your new Journal.** It doesn't have to be expensive. It can be something really simple – something that you love and enjoy and will take delight in. The parts of you that may be a bit anxious about this journey will need to know that a wonderful prize is waiting at the end for being brave.

Taking Stock with The Wheel of Life

Before we can improve any area of our life, we need to understand and acknowledge where we are. Nothing can change if we don't acknowledge all the aspects of the problem.

Also, we need to know where we currently stand, what the state of affairs are right now, what's not working for us, how badly the problems are affecting us – otherwise we have absolutely no idea whether we're making progress or not down the line. We need a system to "check back" with so we can measure progress.

The Wheel of Life is an excellent and powerful coaching tool to help us check in with every significant area of our life, so that we can check in again in a few weeks' time to see what has changed, and if not – where we still need to make improvements. It's vital for us to have a way to course-correction whenever we want to change in any area of life. If we don't check whether we're on track with where we would like to go, we're going to keep on doing things as we've been doing it before. And you know what Einstein says:

“Insanity is doing the same thing over and over, and expecting different results”.

This week, as a start, we’re not going to learn a lot of new theory. Let’s have some fun instead by doing something practical: checking in with where you are in your life, in each of the 8 main focus areas on the **Wheel of Life**:

- Romance
- Leisure
- Money
- Career
- Family and Friends
- Physical Environment
- Health
- Spiritual and Personal Growth

When we complete our Wheel of Life, we can see usually very clearly which areas need more attention than others. It’s sometimes a shock to see how out of balance this poor wheel is! And we all know what happens when a wheel is not round. It cannot possibly roll along smoothly on the Path of Life. There will be stops, starts, halts, and effort to try and push this uneven wheel along a bumpy road. There are bumps in life, stones on the road ahead. And if our wheel is not smooth, the bumps will feel so much bigger!

So for a start, it’s a really great idea to get a snapshot of how your Wheel of Life is functioning at this moment. Remember –for all our exercises – no judgement. Only noticing! That’s key. If there’s a Judge inside your head that pops up and says anything critical, please gently thank the Judge for its opinion and tell it you’ll listen more fully later. For now, you’d like to be able to do this exercise in peace and with compassion for yourself and where you are.

Action Step 1:

Download and print the **Wheel of Life** hand-out. Honestly check in with every single area of your life and mark it on a scale of 0-10, where 0 is “non-existent” and 10 is “excellent, no improvement necessary”. There’s an example Wheel of Life for you to see what it looks like to “mark” it.

Write notes about every area of your life in the following way:

1. What is bothering me in this area – what is “wrong” in this area?
2. What do I want instead for this area?
3. For now, writing down a few keywords are enough (for both 1 and 2) because we’re going to flesh out Number 2 in a different, fun, colourful way!
4. Take special note of the area in your life where you feel/experience the smallest number and this is the area we will aim to improve on first. Take some notes during the week as well of how exactly this area is not working for you. What else is bothering you about this? The more awareness you gain in this area, (even without changing it yet!), the more chance you have of finding different ways to approach it. Gaining awareness is the first step in any process of change!

- Please make sure you keep this Wheel of Life in your new folder for easy access. If you're in a coaching program with me, bring all the exercises we do to your session every week, so we can check in on our progress at any given time.

Action Step 2: Using a Mind Map for a Clear Outcome

What's a clear outcome?

Here's an article to explain what I mean by "Outcome" and why it's a necessary part of creating the life you really want for yourself!

<http://savvyselfgrowth.com/will-knowing-what-you-want-really-get-you-there/>

Have you read it? Then you'll understand exactly what a crucial part of your personal process this is! Now it's your turn.

- Read through the brief notes on your **Wheel of Life** again to remind yourself what you want to change.
- This time, draw a **Mind Map** of what you want (instead of the current situation) in **full colour**.
- Have fun!** Get your colour pencils or crayons or koki's or pastels – anything that can bring out our creative juices and allows you to feel like you're busy creating something fun and delicious!
- Make a branch for every one of the 6 letters, as explained on the **Mind Map hand-out**.
- If everything you want does not fit onto the Mind Map on one page, you can do a separate piece of paper for every mind map branch you want to expand.
- You can flesh it out more over the weeks we'll be spending together.
- Before the Second Module, make sure you have worked a bit with the first version of your mind map and written down something for each of the 6 branches. It doesn't have to be perfect. Remember, "perfectionism" is an issue for most of us, so send Patsy Perfectionist on holiday for now and just do the best you can while having fun with coming up with ideas for your future life!
- Put your **Mind Map** in your folder, ready for the second session.

Action Step 3: Your Journal

Write down in your Homework Book how you felt after every part of the exercises. You can write something about your Wheel of Life, and again after you've made a start with your Mind Map. Make a few notes of things you want to remember. It's really great to be able to check back on your journey and see how far you've come!

Well Done! We've got the Map!

Very well done with all your efforts this week!! Taking the first step towards change can be quite scary, and I really want to acknowledge and applaud your courage for stepping up, and taking the steps to create a different life for yourself.

If some emotions arise for you during this week, I'd like to remind you that it would be completely normal to feel any of the following:

- Scared
- Overwhelmed
- Not sure if you want to do this anymore
- Like you want to "chicken out" and say "this is too hard, I'll stay where I am"
- Excited about the possibilities
- Wanting to go faster with the process

All of the above are normal! If any of them bother you a LOT and it feels like you're stuck with it, email me and I'll give you some suggestions or guidance. Please remember that you're going to learn EFT on this process in order to be able to deal easily and safely with uncomfortable emotions. If you know how to tap already, please use it for any emotions that may surface as you work with your Wheel of Life, or Mind Map, or as necessary during the week.

All the exercises in this Module have given us a roadmap for your ideal life. We now know "where you are", "where you want to be", and we're now going to start taking the steps to get you there.

Well done! Please acknowledge yourself for taking MAJOR steps in the direction of taking care of yourself in joyful ways!

Hand-Outs you should have after this module:

- Wheel of Life
- Progress Chart
- Mind Map

Other Bits you should have:

- Homework book
- File to keep the hand-outs