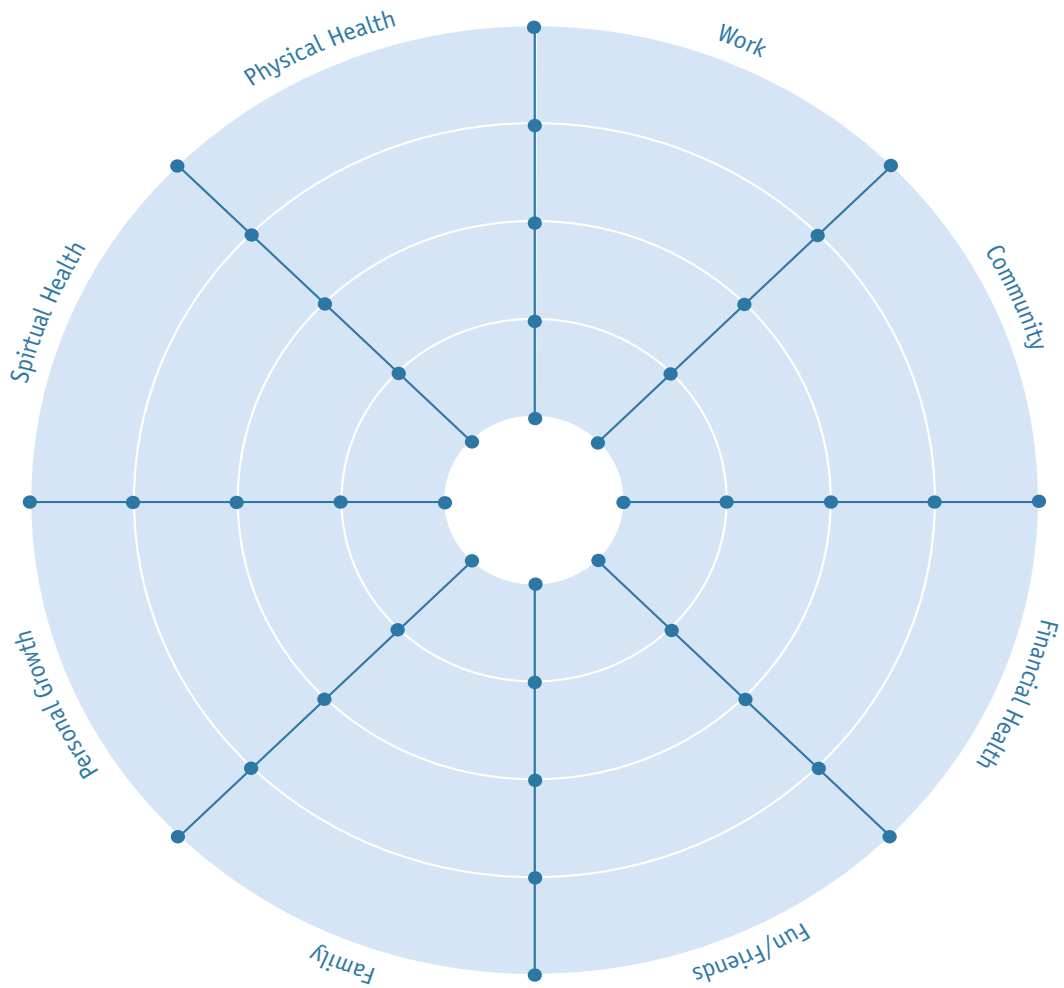


WHEEL OF ENERGY



What area of my life needs the most attention?

"Life is like riding a bicycle. To keep your balance you must keep moving."

—ALBERT EINSTEIN

WORK

The average U.S. office worker spends more time at work than with his or her family. How can you make it more enjoyable? Do you need to get more organized? Plan more office celebrations? One small change in your behavior can have massive effects over time. Get to know more people at work. What actions can you take to add more fun and productivity?

- 1. _____
- 2. _____
- 3. _____

FAMILY

Everyone defines family differently. How can you make the time you spend mean more? Can you listen differently? Turn off the technology for a blocked-out period of time? Send a hand-written card? Call that one family member who hasn't heard from you in a while? It is the experiences that most people remember. What can you plan to make some positive memories and leave your legacy?

- 1. _____
- 2. _____
- 3. _____

PERSONAL GROWTH

Success is different for every person. We all need to make sure we are exercising our brains and filling them with positive information. Do you need to read more? Take a class: dance, cooking, technology, sports related . . . the sky is the limit! How can you be more informed and knowledgeable? Start making time to do more for yourself; when you do, you can give more value to others.

- 1. _____
- 2. _____
- 3. _____

SPIRITUAL HEALTH

Everyone has his or her own way to be fulfilled spiritually. It is that area in life where we contemplate, connect, and rejuvenate. We need to make it a point to take this time for ourselves. Focus on what you need, and block off time to make it happen. You might try meditation, yoga, religion, or simply connecting with nature. What do you need to do?

Stop saying one day.... act now!

1. _____
2. _____
3. _____

PHYSICAL HEALTH

We have one body so we need to take care of it! Our health is affected by the life choices we make. How we fuel and exercise our body makes a big difference. Just like a car, we need to service our body and get it checked. Think of the medical appointments you need to make, from going to the dentist to getting a physical. One life, one body—start making a few changes today. Track what you are eating and how many times you are working out. Stay accountable! Become more conscious of every choice you make.

1. _____
2. _____
3. _____

COMMUNITY

Many give to their time and donations to their communities during the holiday season. Why not make a difference all year long?

Define the organizations you especially care about, and figure out how your time could make a difference for others. A small amount of your time will make an impact on your community.

Volunteers often say the experience of giving back to the community makes them better people. You become more compassionate and feel more positive about yourself. Identify how you want to make a difference today.

1. _____
2. _____
3. _____

FINANCIAL HEALTH

Financial planning is not simply about money. It is about finding out what you want out of life. Using a financial planner will help you stay accountable and protected. Do you have a will? The correct and updated insurance? A realistic budget for the current and “old” you? By making some small changes in your spending and investing, you can become healthier with your finances. Start now!

1. _____
2. _____
3. _____

FUN/FRIENDS

One study showed that a child laughs 300 times a day, while an adult laughs only 17 times a day. Sometimes we have to remind ourselves to have fun. We need to plan activities with our friends. Fun and laughter can have a positive effect on our health and attitude. Ask yourself, “What do I want to plan and with whom?” Quit saying someday . . . plan it today!

1. _____
2. _____
3. _____

OTHER QUESTIONS TO CONSIDER:

What are my top 3 trips of a lifetime?

1. _____
2. _____
3. _____

What sport or hobby have I always wanted to do?

How will bringing focus in these 8 areas change my life?

How will my stress level be affected if I'm participating in each of the 8 areas?

Each of us has the power and potential to affect change in our own life.

As leaders, we should make deliberate choices about the lives that we want to lead. What do you want to explore and what should you say no to?