

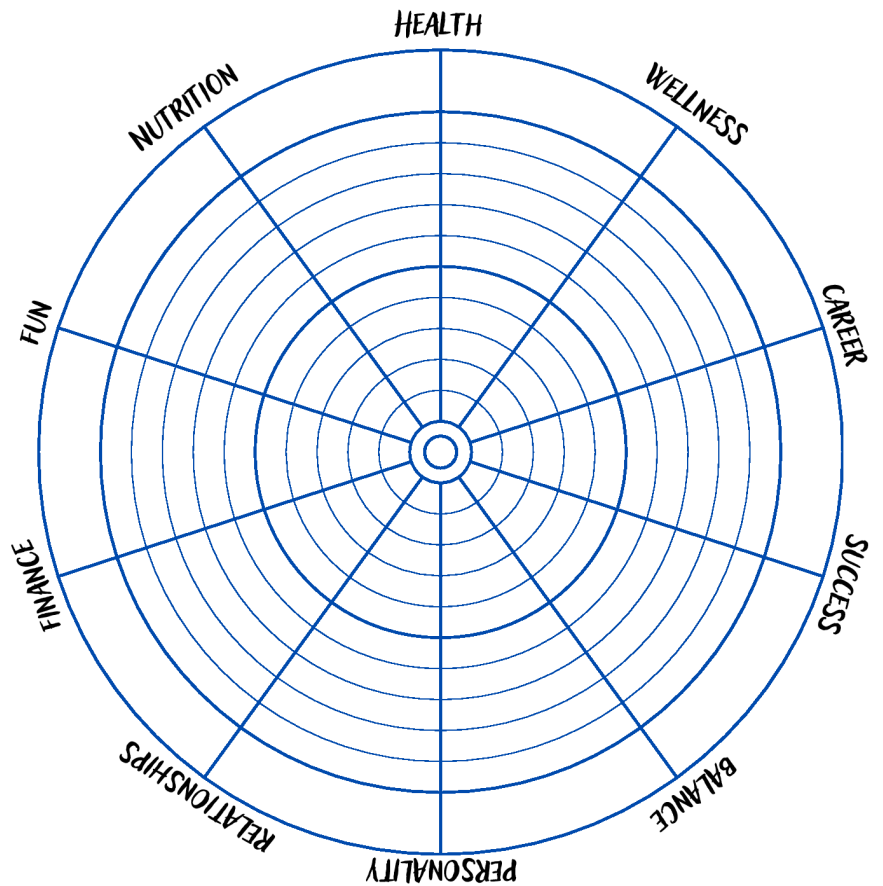
# Wheel of Life

There is progress behind every chapter

## How it works:

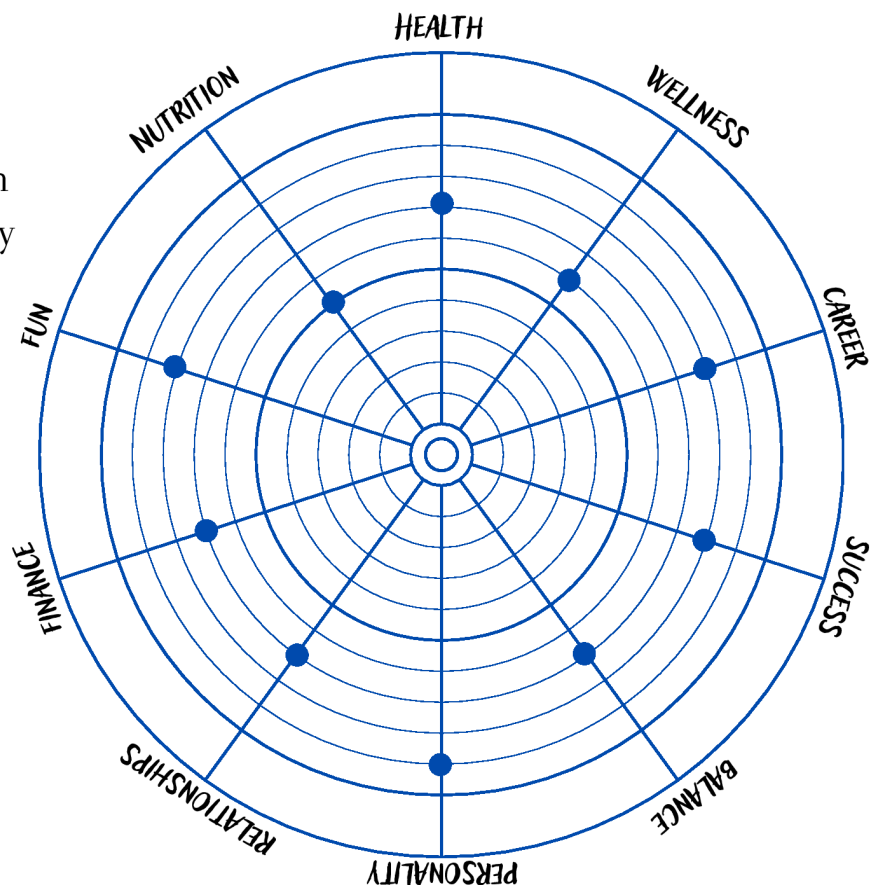
The closer you are to the outer circle the more developed your quality of value is.

The lines in in between measure the level of input in the quality mentioned above.



## Step 1: Place dots

Recognize the level you currently have achieved. Mark in the circle with a dot on the line leading to the quality



# Wheel of Life

There is progress behind every chapter

## Step 2:

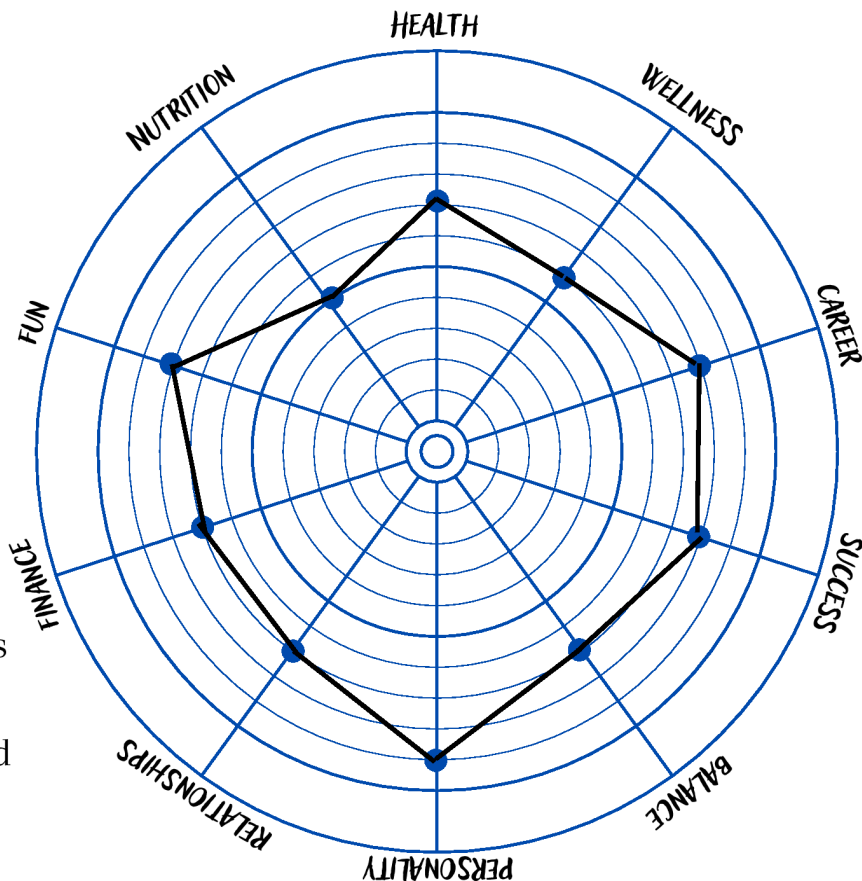
Now connect the dots and you'll see the shape your wheel currently has.

## Optional:

You could color the shape to make it more clear.

## Step 3:

Notice how the nutrition and wellness are the lowest dots on the example wheel. These are the qualities I should go to work on first of all.

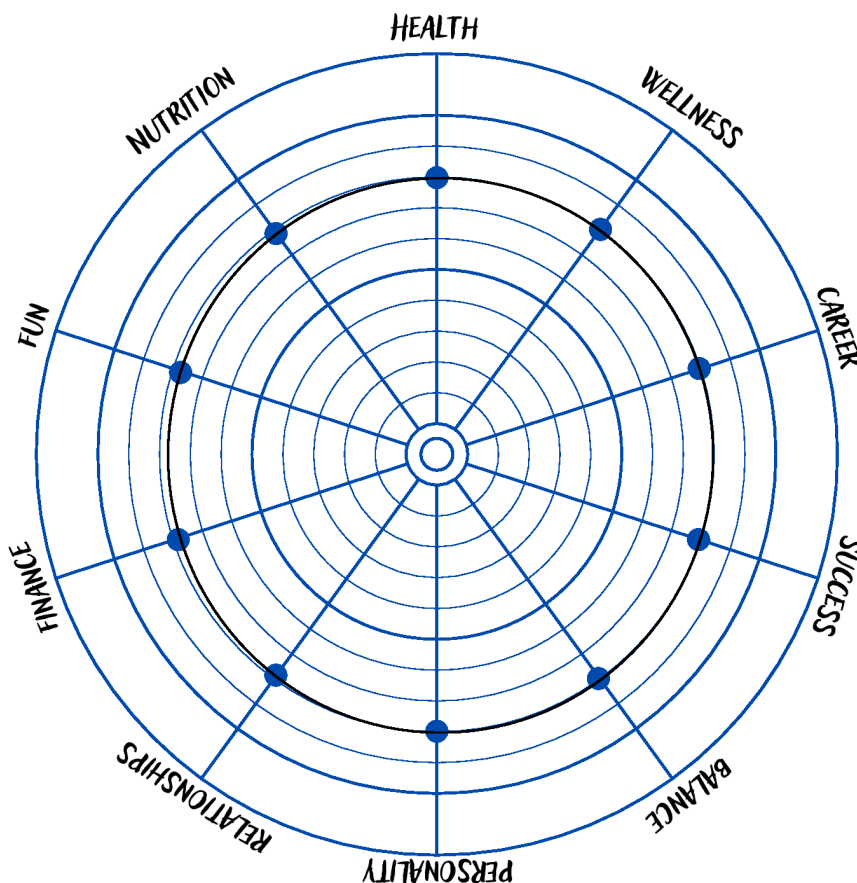


## Step 4:

Your wheel should be perfectly round to drive yourself forward.

A wheel that's not round lacks necessary qualities for personal development.

Find the level of input you feel comfortable with and strive to make your wheel round like this.



Date:

.....

