



# WHEEL OF LIFE

Presentation by:

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# Introduction



- What am I – my competencies
- Why am I here – my passion
- My short Storo!! – my burn out
- My lessons – Why am I here? What's my purpose in life? What Decisions are wrong or right?

# What we shall learn



- How satisfied am I
- Dynamics of personal fulfillment
- Proactively planning for and working towards personal satisfaction using the wheel of life.

# Case Study 1



Gilbert is an accountant, 50 years old, with 15 years to go before retire. Son has just joined and daughter is in form 3. Gilbert works long hours and wife has of late been expressing dissatisfaction at home. In the evening Gilbert is on TV news, wife on social media and children in bedrooms. Gilberts libido is low, BMI out of proportion and he gets tired and sweats easily. His mortgage has 10 more years to go, his boss is working more closely with the interns and speaking to Gilbert through them. Being introverted he has prayed but not shared with any one about this. Occasionally he feels suicidal. He feels his friends have achieved more than him so far in life, does not feel financially independent and is worried about income in retirement.

# Case Study 2



Anita is a C level executive. A trail blazer top woman under Forty. She typically has a long day of 14 hours. Frequently calls off social meetings due to unavoidable circumstances. Wishes she could find a real man who can share her exciting life with her but is afraid there may not be one out there and so is afraid to date. Recently she started feeling depressed for no reason, cut off her hair coz there is no time to maintain it. Fashion no longer makes sense so she picks whatever she meets in the wardrobe on her hurried way to work. Anita will not go home this Christmas becoz she fears the obvious questions by community and family regarding when she intends to start a family. Her younger sister is married but does not welcome Anita easily to her house and displays jealousy when Anita feels free with John her brother in law.

# How satisfied are you with your life?



- [https://www.queendom.com/queendom\\_tests/transfer](https://www.queendom.com/queendom_tests/transfer)

# Dynamics of personal fulfillment



The mystery of human existence lies not in staying alive, but in finding something to live for.

Fyodor Dostoyevsky

# Definition – Wikipedia



**Personal fulfilment** is achievement of life goals which are important to an individual, in contrast to the goals of society, family and other collective obligations. **Personal fulfilment** is an ongoing journey for a human individual.



# Bringing it home



- ❑ Personal fulfilment is a profound and persistent satisfaction with yourself and your situation.
- ❑ It is feeling exceedingly pleased about your desires and needs being realized  
“Sydney Savion”

# Success vs Fulfillment



“For a long time, I directed my focus on racking up achievement not fulfilment in life. I thought if I just set goals, worked hard and accomplished some extraordinary things, I would feel full. However, what I discovered to the contrary is I still felt a void. Amazing achievements do not in and of themselves yield a sense of purpose and meaning and are absolutely no guarantee of personal fulfilment. Granted, I experienced periods of delight but the sensation was short-lived”

# What brings about personal fulfillment



“There are certain things fundamental to human fulfilment. The essence of these needs is captured in the phrase ‘to live, to love, to learn, to leave a legacy’”

Stephen Covey

NB. Considering the above phrases, Everybody's path to fulfillment is unique

# Knee to Knee



- Live - discover meaning, purpose, what fuels you and lifts others up.
- **Discussion point:** What fuels you that at the same time lifts others up.

# Knee to Knee



- Love - thyself and humanity; give of your time and wealth; show grace.
- **Discussion point:** Describe the moments when you have shown grace to others with you time and wealth. How did you feel?

# Knee to Knee



- Learn - listen more; be open to new knowledge, experiences, and change.
- **Discussion Point:** What hampers you from listening more? How can you overcome it?

# Knee to Knee



- Leave a legacy - strive to leave a trail of civility, integrity, significance, and contribution; continue to ask, 'where did I live and what did I live for today?'
- **Discussion Point:** what do you want to be remembered for by future generations? What are you doing practically to build that legacy

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- Lead with gratitude - be thankful for what you have and express appreciation to others
- **Discussion Point:** Count your blessings and name them one by one to your neighbour.

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# How to proactively increase your satisfaction – The wheel of life illustration



- ❑ It is called the "**Wheel of Life**" because each area of your **life** is mapped on a circle, like the spoke of a **wheel**.
- ❑ The concept was originally **created** by Paul J. Meyer, founder of Success Motivation<sup>®</sup> Institute, Inc.

# Knee to Knee



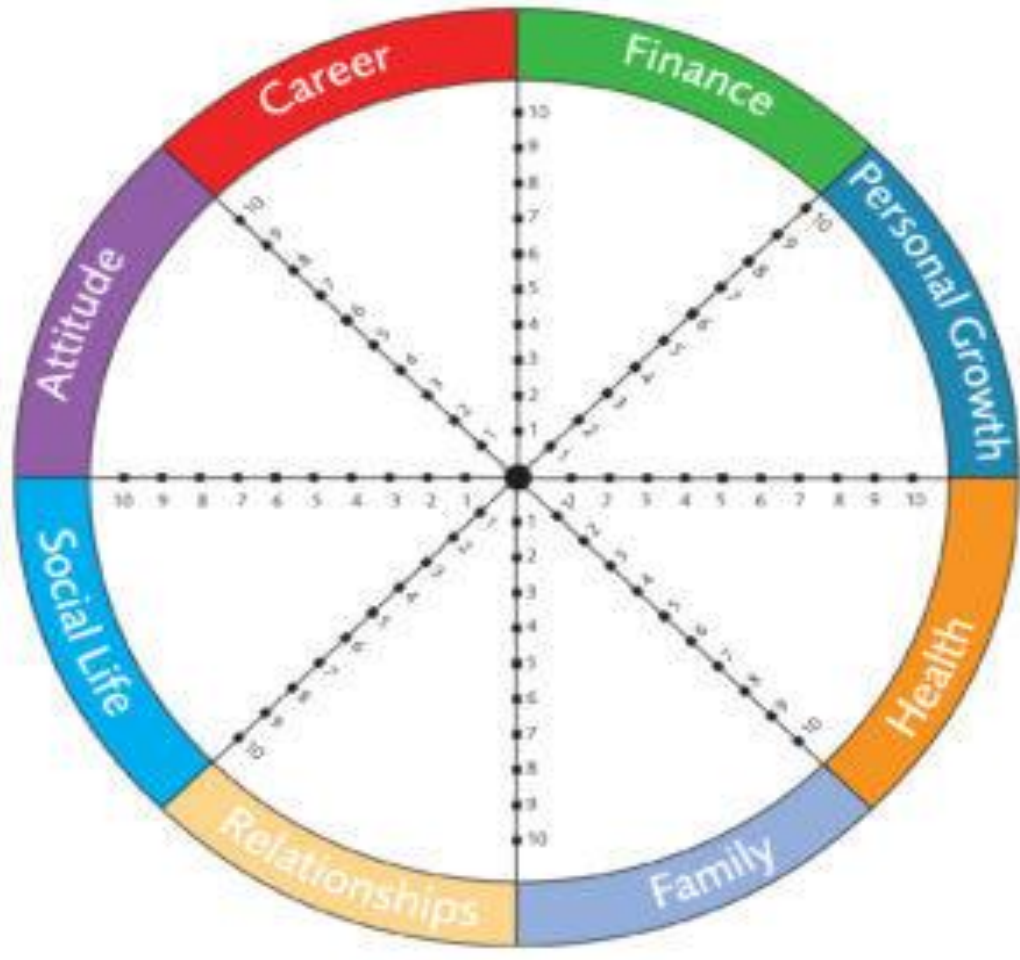
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# Wheel of Life categories – Personal assessment





# Planning for success



- Step 1: Define your vision or goal over a period of time
- Step 2: Describe actively your long term results (3 at most)
- Step 3: Define the activities required to achieve those long term results immediately and in the medium term.
- Step 4: Execute consistently

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# Assignment



Define for Gilbert the following

1. The most critical Wheel of life categories to work on
2. Help him plan for success by Defining a vision, 3 long term results (10 years) some quick wins (1 – 2 years) and some medium term actions (5 – 6 years).