

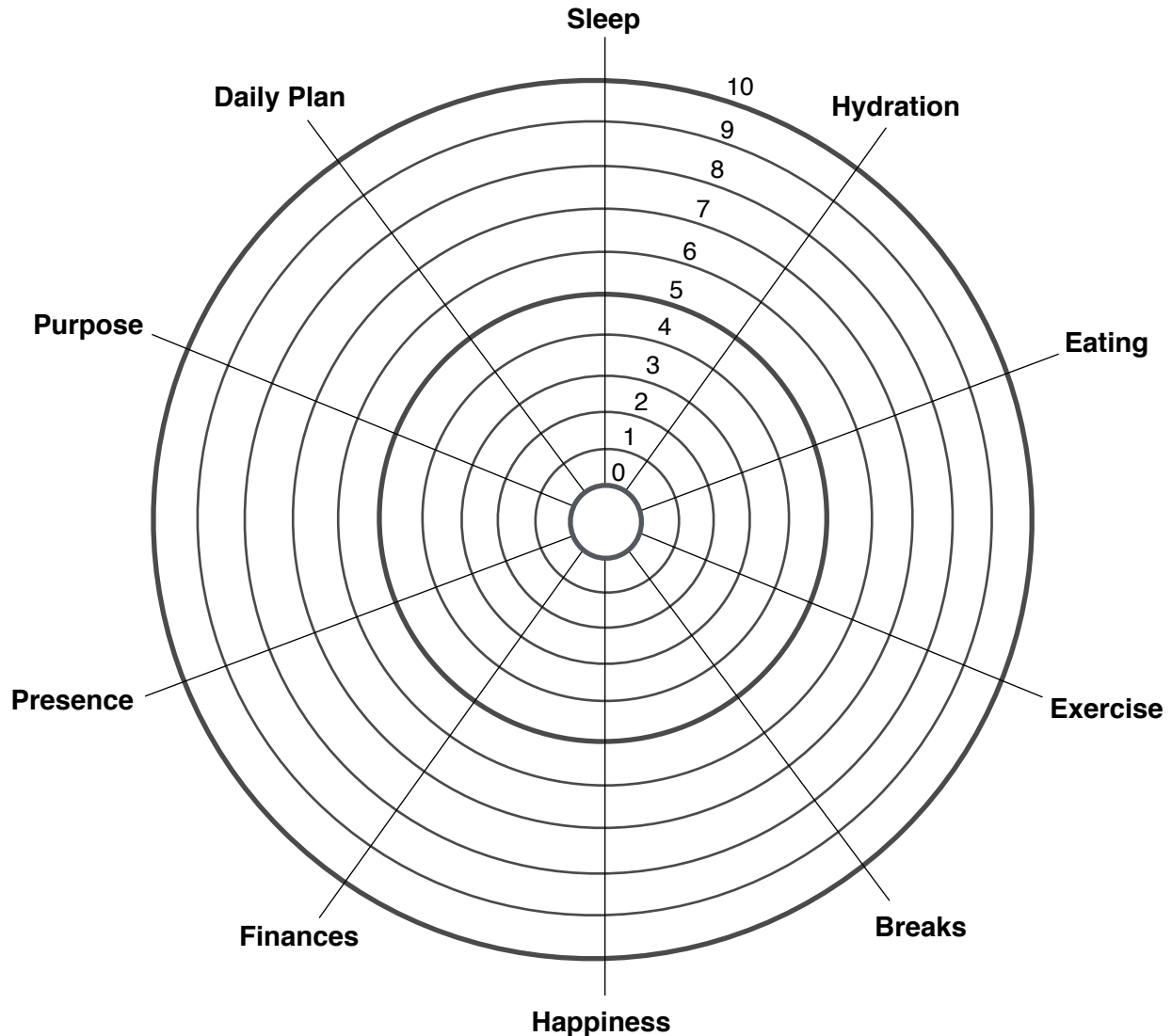
Charly Caldwell II's Life Success Academy

10 Day Health, Wealth and Happiness Workbook

The Wheel of Perspective

The Wheel of Perspective is available online in PDF format for you at: <http://bit.ly/wheel4u>

The wheel of perspective is based on the 10 Day Health, Wealth and Happiness Challenge (<http://bit.ly/10days4u>). Get started by choosing a date range below, answer the questions at the bottom for each spoke while rating yourself a 0 (uh oh!) through 10 (doing great!) and dot the line at the intersection of each topic. When you've completed the dots, connect them! *The wheel will show you exactly where you're out of balance in life.*



Name: _____ Date Range: _____

Ask these questions as you rate yourself for the date range you've specified:

- | | |
|--|---|
| <p>Sleep - Have I been sleeping soundly 7 to 9 hrs a night?</p> <p>Hydration - Have I been consciously drinking water daily?</p> <p>Eating - Have I been eating 80% nutrient-rich food?</p> <p>Exercise - Have I been 'revving my heart' (getting sweaty) at least 2 to 3 times a week for at least 30 minutes?</p> <p>Breaks - Have I been taking breaks every 90 minutes?</p> | <p>Happiness - Have I been learning, creating & sharing while being around people who generally uplift me?</p> <p>Finances - Have I been committed to auto-savings?</p> <p>Presence - How present have I been? With others?</p> <p>Purpose - Have I been living toward my life purpose?</p> <p>Daily Plan - Have I been in control of my daily agenda?</p> |
|--|---|

