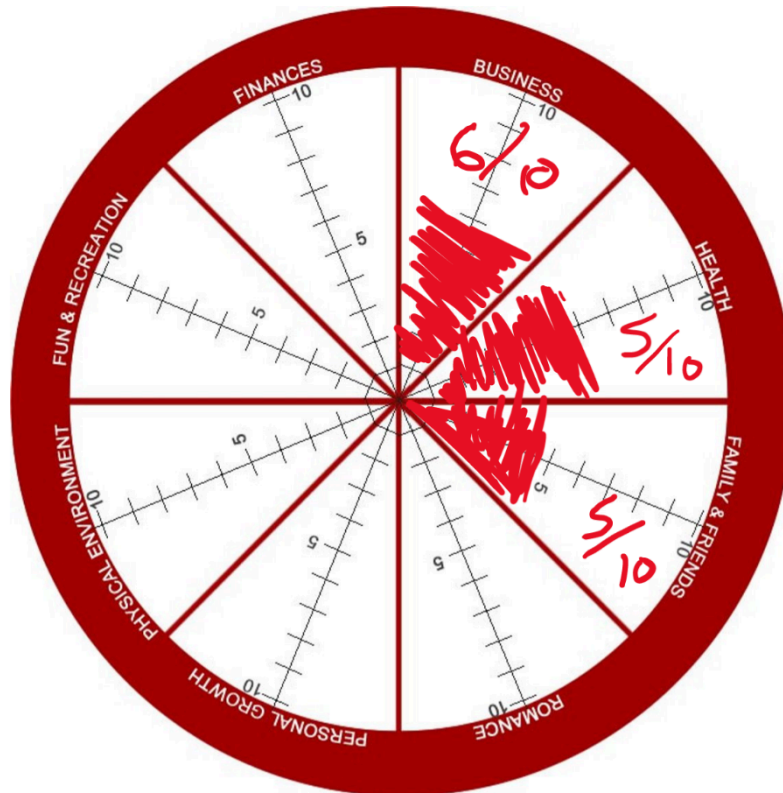


WHEEL OF LIFE EXAMPLE



Business 6/10

My business is solid, but I work too long for too little return. My work-life-balance is out of whack. I find myself on the tools too much. I need to grow the capacity and skills of my team to elevate myself. I haven't had a decent holiday in 5 years.

Health 5/10

I have great energy levels but I am not taking care of my health. I have high cholesterol and somewhat high blood pressure. I don't sleep very well and I am about 18 kgs overweight. I really need to make changes here.

Family & Friends 5/10

Largely due to my business commitments, I don't really make time for family and friends. As a result, I have dropped off the mailing list because my family and friends have come to know that I am always at work. I know this is not good for them or for me. When I stop and think about it, it's really upsetting.

*If you are a BP Financial member, there are additional resources in the online Leadership IPT library relating to this particular content.

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