

Wheel Of Life

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How does being overweight impact the following areas of your life?

Remember that a lot of the time we can get very good at masking how we really feel. This is your opportunity to be really honest with yourself, no one ever has to see this, so be totally honest, and get your feelings and emotions down onto paper.

The idea of this exercise to help you get really clear on how being overweight is impacting the different areas of your life and holding you back. If you are feeling frustrated with your weight, then it is likely that you will feel upset when you think about some of these areas of your life. This a good thing, if you have strong emotions

about certain areas then these will be the areas that will drive you to make the real change for long lasting success.

Spend some time just feeling the emotions and thinking about situations or examples of how your weight has had a negative impact on each area of your life.

Romance

Fun / Social Life

Career

Health

Personal Development

Friends / Family

Environment

Finance

Now that you have described the emotions that being overweight causes you in each of the key areas of your life. Rate the emotion out of 10.

10 is POSITIVE EMOTION – which would mean you have no negative feelings about your weight in this area of your life.

1 is NEGATIVE EMOTION – which would mean that your weight causes you stress and upset in this area of your life.

Romance	<input type="text"/>
Fun/Social Life	<input type="text"/>
Career	<input type="text"/>
Health	<input type="text"/>
Personal Development	<input type="text"/>
Friends/Family	<input type="text"/>
Environment	<input type="text"/>
Finance	<input type="text"/>

Congratulations on completing this powerful exercise! Now you can use these emotions to charge your success!