



## **How to use your on line membership**

### **WELCOME**

Welcome to my Wonderful Life Academy On-Line Membership.

Now I don't know how great your lives already are but if you are anything like me there is always something you want to improve or something you wish you could be better at.

Well that's what the Wonderful Life academy is all about. It's about helping you to be the best you can be in whatever area of your life you choose by creating a balance across your Physical, Mental, Emotional and Spiritual Well-Being.

The Academy provides you with exercises, tools and techniques that you can use to create your own Wonderful Life.

The Members pages contain your Wonderful Life Journal, A Wonderful Life Wheel and a Wonderful Life dice exercise. You also get a plethora of tools and ideas to help you on your journey. You will get regular newsletters, updates and special messages to keep you motivated.

We use a mixture of Life Coaching and NLP which is basically the study of how the human mind works and how our thoughts affect our feelings which in turn affect our behaviour or actions.

Once you begin to understand this you are able to take control of your thoughts, especially those horrible negative ones, able to improve your well-being and change your life in any way you want to.

Our philosophy works in every walk of life and works for anyone.

### **ENERGY**

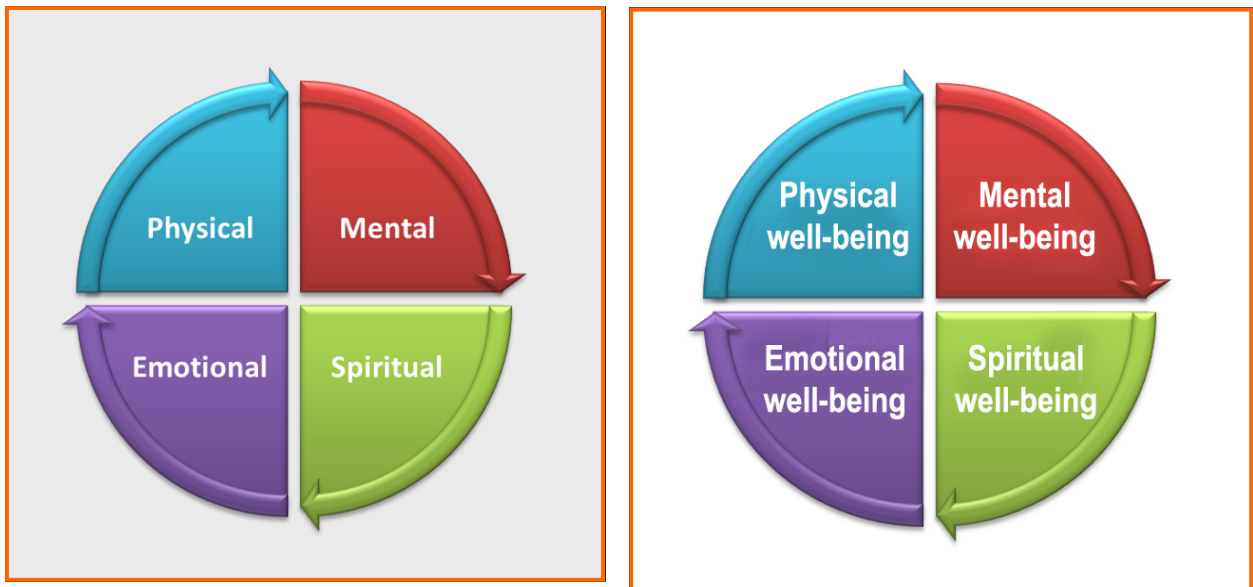
So what's special about Wonderful Life well-being groups and the Wonderful Life Academy?

Well basically we have a strong belief that everything in the universe is made up of energy. Everything we see, everything we own, everything we say, everything we think, even our own bodies are made up from pretty much the same stuff, Energy!

I am not going to get into the science because I am no Einstein and this certainly isn't a science group.

But we use this science to underpin all of our coaching. It is this combination of using energy in a positive way alongside the coaching and NLP that makes the Wonderful Life Academy unique.

There are basically 4 energies at play with all Human behavior.



Those energies are Physical, emotional, spiritual and intellectual or mental. We all use all 4 of these in varying amounts all of the time and all of us have preference or a dominant energy.

The trick to achieving A Wonderful life is to achieve a balance and use all of the energy that is available to us to look after our Physical, Mental, Emotional and Spiritual Well-Being.

## **5 A DAY**

The way we achieve this at Wonderful Life Academy is to get our 5 a day everyday.

Now before you go running for the fruit and veg this isn't what I mean. In fact our 5-a-day is all about pies(s)

To help you maintain a balance across your intellectual, emotional, physical and spiritual well-being and to create a wonderful relationship with yourself we show you how to do something from each of these 5 areas every single day:

Something **Physical**

Something **Intellectual**

Something **Enjoyable**

Something **Spiritual**

and Something **Sociable**

and by doing so find a balance with the perpetual energy in the universe allowing it to flow through you and work positively in every area of your life.

Let me explain each one.

## PHYSICAL

Doing something physical is pretty obvious really. I just make sure I do some form of physical activity every day. This doesn't have to be a trip to the gym or an exhausting jog around the park although I do aim to do this level of activity at least 3 times a week. Some days I just go for a brisk walk in my lunch hour or even make an effort to use stairs instead of lifts and escalators all day. It may even be as simple as walking to the shop rather than jumping in the car.

## INTELLECTUAL

Doing something intellectual is often the most tricky but I tend to keep it very simple. My most common intellectual activity is reading. Reading anything is educational. Fiction, non-fiction, magazines, newspapers or even internet blogs can all be educational. Obviously you can be a little more adventurous and I have actually learned to play both the piano and saxophone in my intellectual activities over recent years.

## ENJOYABLE

Doing something enjoyable isn't always easy to master, particularly if you are in the habit of blaming everyone else for the way that you feel and therefore the way that you act. To make this truly work you have to do something that YOU enjoy. Not something that your partner or kids enjoy and you go along to make them happy. Albeit there can be a sense of enjoyment from making your loved ones happy. Often the other 4 of my 5 a day are actually very enjoyable but I always aim to include something specific just for me. It doesn't have to be grand or meaningful and often it is the simple things that bring the most enjoyment. So, some examples are watching a television programme that I really enjoy or listening to a radio show or Internet podcast that interests me (usually comedy). I sometimes make myself a special lunch or treat that is just for me or occasionally buy myself a bag of Haribo to eat whilst driving. Like I said, sometimes the simple things are the most enjoyable.

## SPIRITUAL

Doing something spiritual will undoubtedly mean different things to different people but for me regardless of religion or beliefs being spiritual is about connecting with yourself or with your environment. So for me a twenty minute meditation just focussing on my own breathing is truly spiritual. Other examples I use are reading some philosophical or religious text, taking a walk in the park and being mindful of nature and my surroundings or listening, uninterrupted to some meaningful music. Anything that connects me to my own self and my own feelings is for me, a spiritual exercise.

## SOCIABLE

Doing something sociable is simply doing anything with other people. Our relationships are key to a Wonderful life and therefore doing any activity with other people helps to fulfil this need. I often make a point of doing some work as part of a group or joining in with other people's tasks. They often see this as me doing them a favour or lending them a hand which brings its own sense of satisfaction. Other examples of doing something social may be taking part in a team game or sport or even going down to the pub and enjoying the company of friends over a drink or

game of darts. I even include sitting around the table with my family to eat our evening meal together as a Social activity. These social activities are the outlet for all of your energy. Allowing your energy to flow in a social situation creates a positive reaction in those around you and on some level has a positive impact on your life and those around you.

## THE JOURNAL

The Wonderful Life Journal has a space to record and plan your 5 a day every day.

<div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>Stepping Stone For This Week:</b> _____          _____          _____       </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>Actions For this week:</b> _____          _____          _____       </div> <div style="border: 1px solid green; padding: 5px;"> <b>Something to Share this week:</b> _____          _____          _____       </div>	<div style="border: 1px solid green; padding: 5px; display: inline-block;"> <b>Week No</b> _____       </div>
<div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>DAY 1</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>DAY 2</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div> <div style="border: 1px solid green; padding: 5px;"> <b>DAY 3</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div>	<div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>DAY 4</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>DAY 5</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <b>DAY 6</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div> <div style="border: 1px solid green; padding: 5px;"> <b>DAY 7</b> _____  <b>P</b> _____  <b>I</b> _____  <b>E</b> _____  <b>S</b> _____  <b>S</b> _____       </div>

Let's have a quick try now:

Make a list of at least 1 thing you could do tomorrow in each of the 5 areas. It doesn't have to be a big or difficult thing. Make it something you will definitely do tomorrow. Now write what time and where you are going to do each of the 5 activities.

You have just set yourself some clear goals.

This leads me nicely onto the other major part of the Wonderful life well-being membership.

## GOALS.

We have the most amazing way of creating and achieving goals in any area of your well-being or your life

Before we can set ourselves a goal to help us move towards a wonderful life we need to know what it looks like. In other words you have to be understand what we really, really want,.

We have a fantastic exercise for working out what you really really want.

## **WONDERFUL LIFE WHEEL**

It's called the Wonderful Life Wheel.

In your Wonderful life pages you will have a Wonderful Life Wheel

1. The wheel is divided into 8 segments. Each segment is labelled for a particular area of your Well-Being: Physical well being, mental well being, spiritual well being, emotional well being, social well being (relationships) and also financial well being, work life balance and self worth /esteem.
2. You need to consider each one in turn and decide on a scale of 1-10 how fulfilled each area is. (0=completely unfulfilled and 10=totally fulfilled). Then draw a line across each segment to show how fulfilled it is with 0 being the centre and 10 being the outer edge.
3. Now look at the areas where you have the largest gaps and consider what a score of 10 would look and feel like in that area. Now consider what steps you would have to take to achieve a 10 in that area. Write these steps down and use them to begin to shape the goals you would like to work on.
4. Once you have done this for each area you should consider which areas you would like to work on first.

You don't need to remember this. Full instructions are on the members pages.

We use the wheel to help you achieve whatever it is you want to achieve. This creates clear actions that will be the first step towards achieving your Wonderful Life.

## **THE DICE**

In your Wonderful Life pack you will find instructions on THE DICE.

Every week all of your ambitions won't just fall into place. You will face challenges and sometimes you will feel stuck.

One of the best tools for getting unstuck is this Wonderful Life well-being Dice.

So what I want you to do is make a list of 6 people. 5 people who motivate, inspire or impress you in some way. They can be famous people, friends, family, dead or alive.

You don't have to know them personally as long as they inspire you in some way.

The 6th person must be your best self, you at your absolute best when you are 10 out of 10.

Ok, have you all got your list.

Now whenever you are stuck or can't make a decision or feel angry about something or negative about someone just roll your dice.

If you roll a number 3 look at number 3 on your list and simply ask yourself What would they do? what advice would they give me? How would they deal with the situation? and simply look at the challenge from a different perspective.

**Please explore the Members pages and feel free to contact us with any questions.**