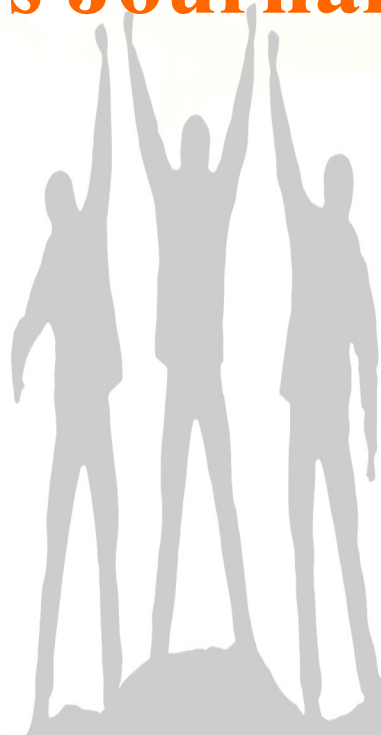




Wonderful Life Academy

Be the best you can be

Member's Journal



Name: _____

Membership No: _____



Welcome

to your Wonderful Life Group and to the Wonderful Life Academy.

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

Well that's what your Wonderful Life Group is all about. Its about helping you to improve your Well-Being and be the best you can be in what ever area of your life you choose.

Your group will provide you with exercises, tools and techniques that you can use to create your own Wonderful Life.

The Members pack contains this Members Journal, A Wonderful Life Well-Being Wheel and a Wonderful Life dice.

You also get lifetime membership to the Wonderful Life Academy via our website.

The Academy has 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 effect our feelings which in turn effect our behavior or actions.

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

The philosophy of the Academy, in the most simple terms, is helping people achieve what ever they want to achieve quicker or with better results than if they did it alone.

We believe that our approach works in every walk of life and works for anyone.

With the help and support of your Group Coach and your fellow members you too can have a truly
WONDERFUL LIFE

How to use your Wonderful Life Members journal

Section 1– Be, Do, Have

Be, Do, Have is a tool for listing all of the things that you want and getting to understand what you really, really want.

These pages can be used on an ongoing basis throughout your journey and updated as your mind opens up to new possibilities.

Section 2 - The Wonderful Life Well-Being Wheel

You will use the Wonderful Life Wheel in every Group meeting. This Wheel will become the foundation for you achieving whatever it is you want to achieve. You can revisit and update this section as your journey progresses.

Section 3 - Be The Best you can be list

In this section you can capture the specific steps that you are going to take to Be the best you can be and fulfil all of the things you captured in the Be, Do, Have section.

Section 4– Weekly Notes

Here you can make notes from each weekly meeting, particularly from the Wonderful Life Wheel session.

How to use your Wonderful Life Members journal Cont'd

Section 5– Your Weekly diary and 5 a day planner

Your weekly diary allows you to capture your Well-Being goal for the week, the actions you have committed to taking and to note down anything you wish to share with your group.

There is also space each day to plan and review your Wonderful Life 5–a– day.

Remember Your Wonderful Life 5 a day

Physical - Physical. exercise is great but just taking the stairs instead of a lift is a step in the right direction.

Intellectual - Anything that works your brain. Reading is great but so is looking at Art.

Enjoyable - Anything that makes you feel good or makes you smile.

Spiritual - Or whatever you feel connected to. We love meditation but a walk in nature is just as good for your mind.

Sociable - Anything that involves another person or people. Connection with others is a fundamental part of our group philosophy.

Be

Do

Have

Be Do Have

We are going to explore everything that you want to be, do or have. This will assist you to set short, medium and long-term goals.

Please devote ample *thinking time* to each stage highlighted below.

Stage 1 - Write down all the things that you want to BE, DO or HAVE

Stage 2 - Write in one brief sentence why you want to BE, DO, HAVE each item on your list. If you can't do this with any of them, cross them off your list.

Stage 3 - Decide the most important areas of your life – for example...

FamilyFriends

Work

Financial Well-Being

Physical Well-Being

Emotional well-being

Social Well-Being

Fun & recreation

Spiritual Well-Being

Define what success means to you in each of the life areas you have identified.

Stage 4

Take each of your goals in turn and ask the question: Will having, being or doing this thing improve the areas of my life that I deem are important? Give one mark for each **Yes** answer.

Stage 5

For each of your goals, ask if it is right and fair to everyone in my sphere of influence and concern and if it will take you closer to your overall objective.

Stage 6

Put your goals in order. Take your top 10 goals. These are the ones that you are going to work on first.

Define your goals into 4 main groups:

Ongoing goals needing daily input

Short-term goals to achieve within a week to a month

Medium-term goals that may take between a month and a year

Long-term goals that may take longer than a year.

Stage 7

For each of the goals on the list, expand your **WHY**. Explain to yourself fully why you want to have this goal and what it will mean to you. Write this down.

Stage 8

Take each goal in turn and make 2 'to do' lists for each to show:

What you are prepared to do to achieve it

What you will need to do to achieve it.

Stage 9

Make a list of:

The people you need to work with or

The people who can help you

The skills you might need to develop

The actions you need to take

What you need to learn

What you need to understand.

Stage10

Complete the rocking-chair test. Take yourself out into the future as age 100. Imagine a wonderful life you have designed for yourself. Visualise it. Fully associate with this.

Write down the story of your Wonderful life, the amazing things you've done, fantastic things you've seen, the people you have touched and the changes you have made in your own life.

Place your goals with their action points, within a time-frame. Put a start and finish date on them. Remember a goal is a dream with a date.

Now you can see that it isn't just about stuff. Like I said before, true happiness is in the way you feel not in the stuff you have.

Wonderful
Life
Wheel

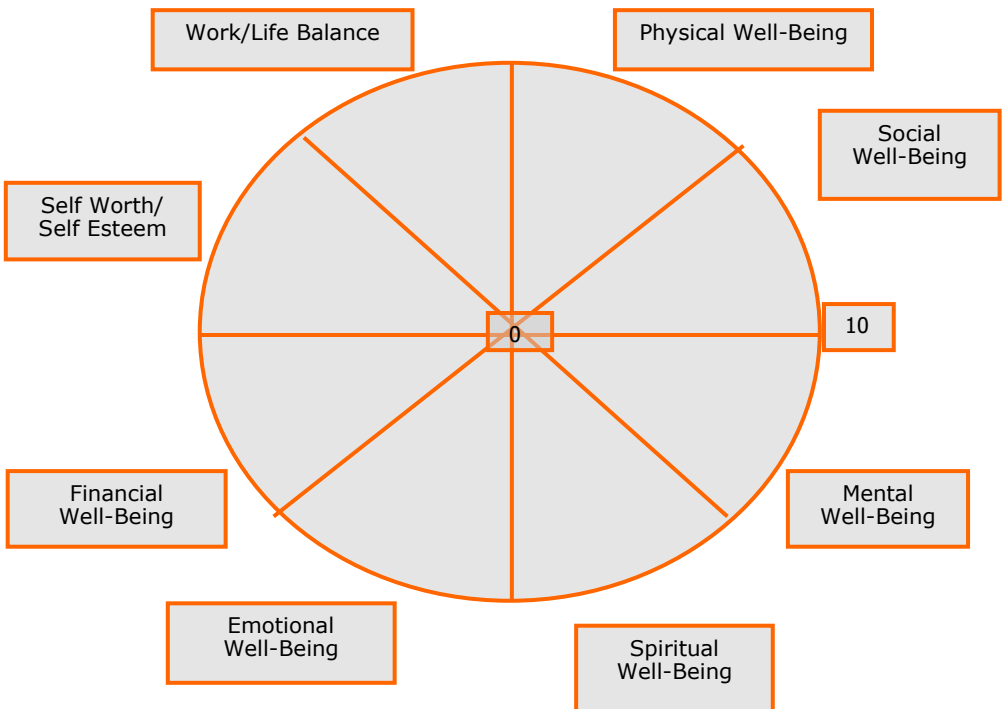
The Wonderful Life Wheel

Here's how it works:

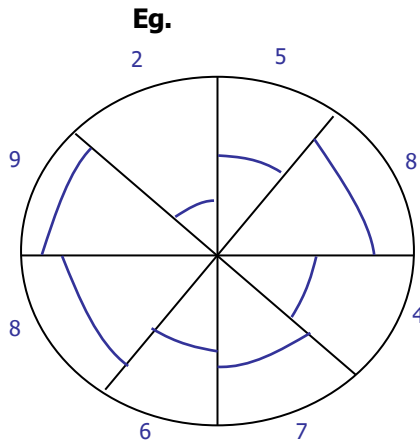
Decide if you want to evaluate your whole life or a part of your life such as Work or maybe as focused as just your current job role with each segment representing an objective for your role.

The wheel is divided into 8 segments. Each segment is labelled for a particular area of your life / work etc. The template below is labelled with the most common Well-Being areas in which people set goals. You can use whatever labels are most meaningful and relevant to you.

Once you have labelled each segment 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.



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.

Once you have done this for each area you should consider which areas you would like to work on first.

Working with your group coach you can then develop the list of steps for this area and formulate your Wonderful Life goals.

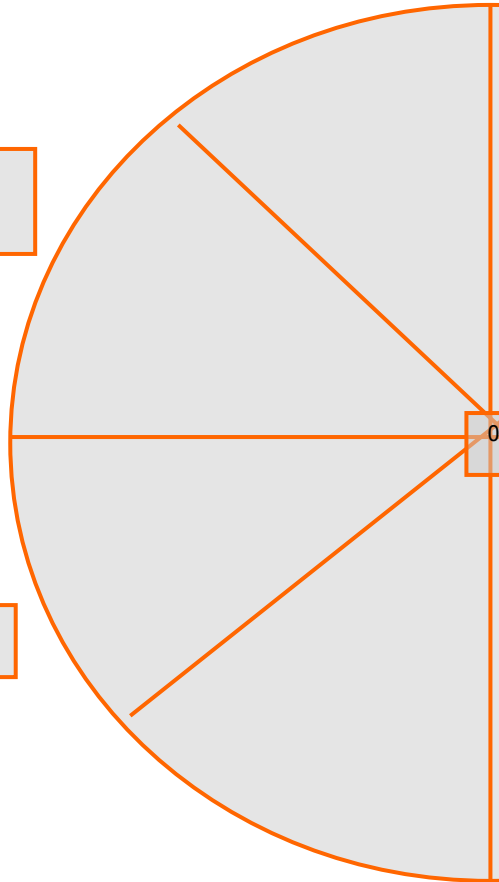
Wonderful L

Work/Life Balance

Self Worth/
Self Esteem

Financial Well-Being

Emotional Well-Being



Life Wheel

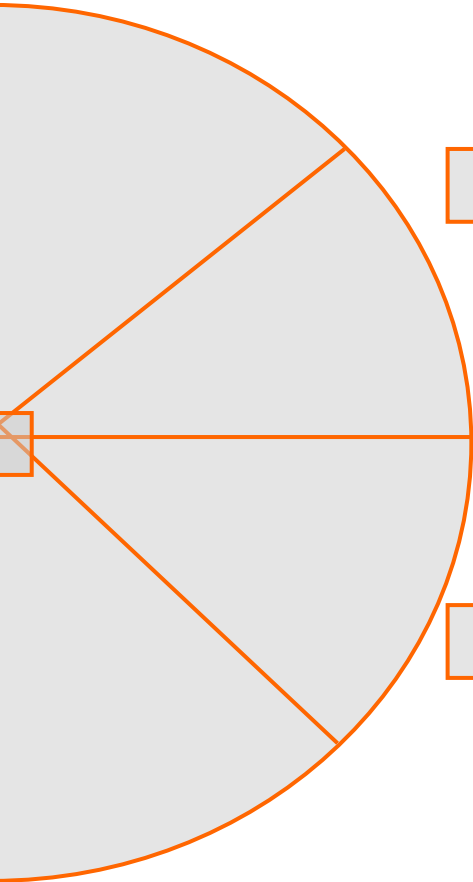
Physical Well-Being

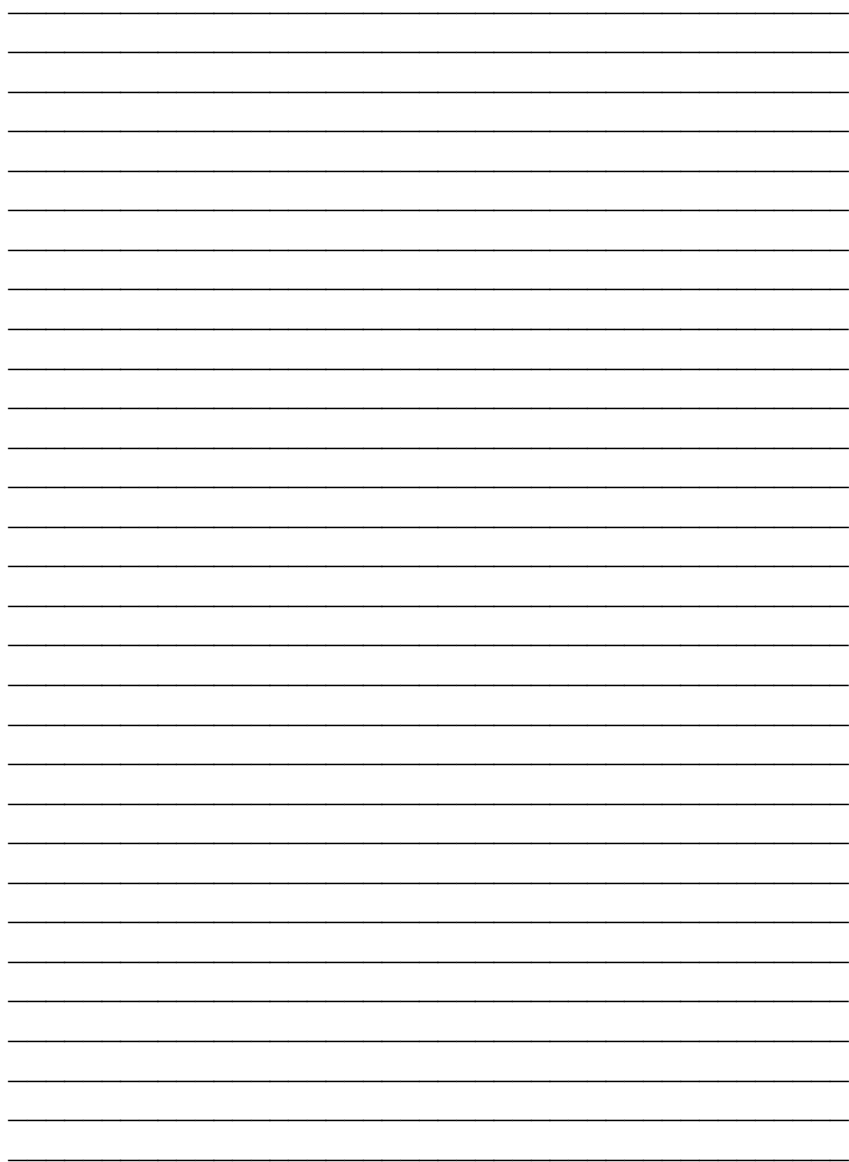
Social Well-Being

10

Mental Well-Being

Spiritual Well-Being





Weekly Diary

Well-Being Goal This Week: _____

Actions For this week: _____

Something to Share this week: _____

DAY 1 _____

P _____

I _____

E _____

S _____

S _____

DAY 2 _____

P _____

I _____

E _____

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DAY 3 _____

P _____

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E _____

S _____

S _____

Week No _____

DAY 4 _____

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E _____
S _____
S _____

DAY 5 _____

P _____
I _____
E _____
S _____
S _____

DAY 6 _____

P _____
I _____
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S _____
S _____

DAY 7 _____

P _____
I _____
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S _____
S _____

Well-Being Goal This Week: _____

Actions For this week: _____

Something to Share this week: _____

DAY 1 _____

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DAY 2 _____

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DAY 3 _____

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Week No _____

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DAY 6 _____

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DAY 7 _____

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NOTES

WEEK _____

20 horizontal lines for writing notes.

Well-Being Goal This Week: _____

Actions For this week: _____

Something to Share this week: _____

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DAY 2 _____

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DAY 3 _____

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Week No _____

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DAY 7 _____

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Well-Being Goal This Week: _____

Actions For this week: _____

Something to Share this week: _____

DAY 1 _____

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DAY 3 _____

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DAY 7 _____

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Well-Being Goal This Week: _____

Actions For this week: _____

Something to Share this week: _____

DAY 1 _____

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DAY 2 _____

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DAY 3 _____

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Week No _____

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DAY 7 _____

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Well-Being Goal This Week:

Actions For this week: _____

Something to Share this week: _____

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DAY 3 _____

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Week No _____

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DAY 7 _____

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Wonderful Life Dice



In your members pack you will have your very own Wonderful Dice.

Here's how it works:

In the box on the opposite page 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.

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?

Now simply model that behaviour.

Your Wonderful Life 5 + YOU

1. _____

2. _____

3. _____

4. _____

5. _____

6. YOU AT YOUR BEST

**If you need to contact us please speak
to your Group Coach or visit us at:**

www.wonderfullifeacademy.com



Wonderful Life Academy

Be the best you can be

