

Thanks again for subscribing to **RussellJonesSpeaks.com**. My gift to you is an easily downloadable **Wheel** that is a very powerful tool for working toward a more **Balanced Life**. I've utilized it in many different settings and the response has always been very appreciative.

The **Personal Growth & Development Wheel** will take a few moments of quiet reflection and will lead you through 3 stages- **Awareness, Decision, and On the Road**. Once you become **Aware** of where you are right now, you will be able to make a **Decision** to make positive changes that will put you **On the Road** to a more balanced and fulfilled life.

First download the **Wheel**. Plan out some quiet time alone or with your spouse or trusted friend. As you go through this exercise, recognize the strength of a 3-legged stool and consider your responses with a Mind-Body-Spirit mindset.

Now it's time to label the spokes on your wheel. The following are the labels for my spokes that you are free to use or you can substitute with things that you value. I've got 12 spokes but you can use as many or as few as you need. The 12 are:

- ✓ **Family**
- ✓ **Family Values-Spiritual**
- ✓ **Social**
- ✓ **Personal Fitness**
- ✓ **Nutrition**
- ✓ **Helping Others**
- ✓ **Attitude**
- ✓ **Self-Knowledge**
- ✓ **Finances**
- ✓ **Control Media Influence**
- ✓ **'Act As If'**
- ✓ **Vocab**

Okay, now we go around the **Wheel** and ask ourselves where we stand on each thing that we value. As we do this exercise, we'll rate ourselves on a scale of 0-10 and mark that place on the appropriate spoke. 0 is the hub and 10 is the outermost point. Here are some questions I asked myself:

**Family**- Define your family. How much do you value these relationships? Do you need to set aside 1 on 1 time especially with your spouse and children? If you're coming out of a dysfunctional family experience, is it time to do some work and come up with a 'model' to work toward?

**Family Values-Spiritual-** Are you where you want to be with the Creator of the Universe? Is your spirituality part of your lifestyle? Do you need to commit more time to prepare for eternity?

**Social-** Most people spend more time planning their vacations than they invest planning their lives. Does this fit you? Do you think all day about making it to 'happy hour'? What's more important- your career or your play time? Friends, vacations, and fun are important but...

**Personal Fitness-** Do you have a regular fitness routine? Does it include strength training, flexibility work, and conditioning? For optimal fitness and longevity, research shows that burning 2,000- 3,000 calories/ week through exercise is best- where do you stand? A gym membership is not required for optimal health and a sculpted body.

**Nutrition-** Do you have an overall philosophy when it comes to your diet? Do you understand the language- complete protein sources, simple vs. complex carbohydrates, good fats/ bad fats, natural vs. processed, flavor enhancers, artificial colors/ flavors, preservatives, etc.? Do you take supplements? Do you understand the process used to make supplements? 'All nutritional supplements are not created equal'. In terms of long-term health, it's been said that 'genetics loads the gun but lifestyle pulls the trigger'. How are you feeding the only body you will ever have for this lifetime?

**Helping Others-** A quote that we had on our refrigerator for years read as follows: 'The Secret of Happiness- Find a Hurt and Heal It!'. Do you set aside time to help others? It can be as a volunteer to care for the young, the elderly, the sick, the incarcerated, or the homeless. The ROI (return on investment) is tremendous. Get out of your little world and encourage someone else in theirs.

**Attitude-** Another famous quote states that 'your attitude will determine your altitude' in life. Are you an optimist or a pessimist? Positive or negative? You can change your life by changing your attitude. You can refuse to be negative. Utilize positive affirmations and positive self-talk. On this one, you might need to check with someone else about your attitude. The reason to check? Pigs don't know that pigs stink. Of course, this is coming from a former pig that had friends who helped him through the journey from extremely negative to positive.

**Self-Knowledge-** Many of us get to an age when 'adult' is stamped on our foreheads and we stop learning. One area that gets ignored is self-knowledge. Are you still growing? Do you have a system in place? How about reading for 15 minutes before bed every night in the 'classics'? Some of my favorite 'classics' include 'How To Win Friends & Influence People', 'The Power of Positive Thinking', & 'Psycho-Cybernetics', (I'll supply a complete list in the near future- stay tuned). If you can do it for 21 nights in a row, a fantastic habit will be yours. The biggest room in the world is the 'room for self-improvement'.

**Finances**- Some people love this stuff, others loathe it. Either way, do you have a plan? Are you where you want to be? Do you need counseling in this area? Another quote from the deep recesses of my brain- 'If you fail to plan, you automatically plan to fail'.

**Control Media Influence**- Some believe that they can watch or listen to all the violence and immorality they want. They believe that as long as something is not physically touching them, then it's okay. Others believe that who you are is predicated on your experiences. The acronym GIGO (garbage in, garbage out) probably applies here. Another way to look at it is to consider whether you believe that a person becomes like the people that he/she associates with. Do people who hang with violent, immoral people become like them? What effect will this have on you long-term? Does viewing violence and immorality over and over and over again make a person more tolerant about violence and immorality? Check what you're letting in your head- TV, movies, music, newspapers, magazines, etc.

**'Act As If'**- If you're not on the right track with your life, what else can you do? A friend of mine introduced me to **'Act As If'** a long time ago. If you're not where you want to be as a student, in your career, in your business, in your relationships, then you might want to consider this powerful exercise. It's not something you do your whole life but for many of us **'Act As If'** is very profitable for a season. Give your ego some time off and find someone who is where you want to be in life and do what they do. I applied this years ago in college and ended up graduating with honors. What did I do? I came prepared for class. I sat in the front. I sat up straight. I looked awake. I participated in class. I asked questions. I did neat work. I handed in my assignments on time. I helped others. And I had a great attitude. Simple but not easy. Do you need to apply **'Act As If'** in your life?

**Vocab**- Not just an exercise but a tool you can use to better yourself in many areas. The kids still call it vocab but I'm talking about vocabulary. Your ability to communicate and to understand is many times limited by your grasp of the English language. Many of us were short-changed in school and at home when we weren't challenged to increase our Word Power. Here's a simple exercise that greatly increased my vocabulary. For 3 years I carried a dictionary with me everywhere I went. I was pretty good at spelling and maybe using a word in a sentence but that wasn't good enough. If I could not clearly define a word, I would stop and look it up. In the beginning this was a major pain as I struggled through sentences. However, the results were phenomenal. How is your vocab? Do you need to get after it for a season?

The final step is to now connect the dots. **Will your wheel roll?** If it's anything like mine looked, it resembled a wheel you might see in the Flintstones. The **Wheel** will probably confirm your strengths and illuminate the areas that need work. Put an action plan together to round out your wheel. Nail this chart on your refrigerator as a reminder.

After a few months you'll be **'Rolling Through Life' instead of 'Stuck with a Flat'!**