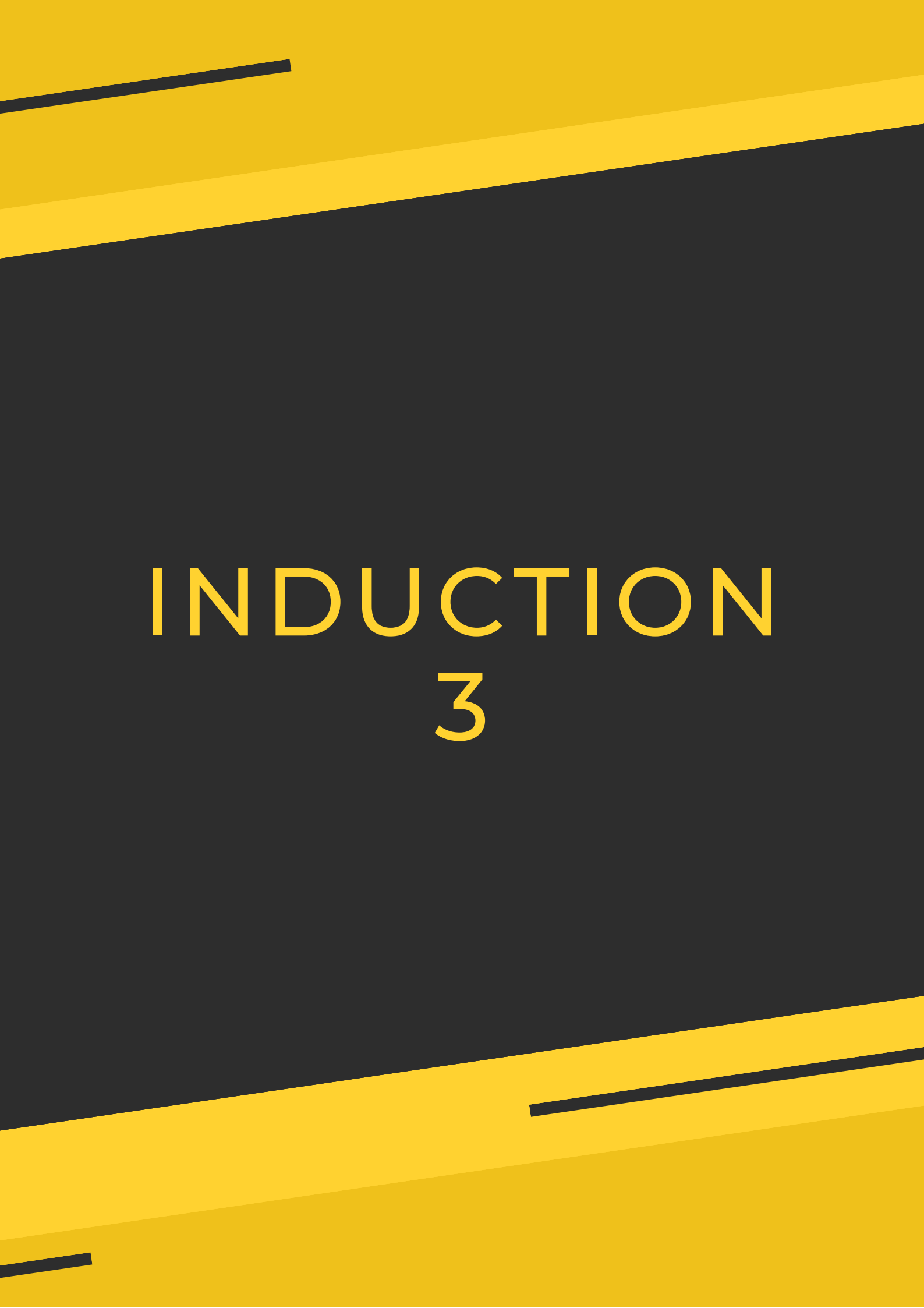


UNLOCK YOUR CONFIDENCE

Raise Your Self-Worth,
Boost Your Net Worth.



**SAL
DAMIATA**



INDUCTION

3



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The Wheel of Life

Today I want you to take a look at the life you're living right now and make an honest assessment of it.

To solve a problem you first have to acknowledge there is one.

Well, now it's time to take a snapshot of your life and bring it to your conscious awareness so that you become aware of how you're doing in each area.

How can you do this? Simple, with the "Wheel of life."

PHASE 1: YOUR CURRENT LIFE

Notice the image below. That's the wheel of life, and it's a fantastic tool to effectively analyze your current situation.





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The task is straightforward. Go through each one of those areas and rate how well you're doing in each one of them from 1-10.

For instance, let's suppose you start with romance. You have fewer dates for the ones you'd like to have, so in your personal case, you're underperforming here. Then you can put a number below 6 (if you feel unsatisfied with that area of your life).

Then let's say you move on to health. You are going to the gym every week, eating well, and taking care of your mental health as well. You're pretty satisfied here, so a number above 7 is well put.

Of course, that's just an example, then you can put whatever number you want as it is your own perception of how well you're doing that matters. You can start the exercise now.

PHASE 2: THE LIFE YOU WANT

Cool! Now that you've put an evaluation of your current life, I want you to establish a set point where you'd like to bring each one of those areas in the next year.

Considering our previous example, you can decide to focus on romance and set a 9 for that area, with all the things that would go along with a 9 for you (that's entirely subjective).

Anyway, it is essential that you decide what would make this area of your life look like a 9 so that you exactly know where you're heading.

Now let's suppose to review your future goals for your health area.

Since you were doing pretty well in the previous example, there is no need to use much of your willpower to bring it to a 10. As a general guideline, proceed like this:



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Step 1: Choose the 2-3 areas of your primary focus where you will raise your standards of 3+ points. For example, if you want to focus on romance and you gave it a 4, your future set-point will be a 7 minimum.

Step 2: For the remaining 5-6 areas of secondary importance, aim for an improvement of 1-2 points maximum. For example, if you don't wanna focus much on contribution and you gave it a 6, your future set-point will be either a 7 or an 8.

Aiming for 1-2 points above your current state is a good bet in this case. Remember to never settle when setting goals as, in life, stagnation does not exist!

Either you grow, or you shrink, that's why you should always aim higher than how you're currently doing.

Be bold here as the more daring you are and the more excitement (or fear) you will feel when looking at where you want to go.

It is ESSENTIAL that you feel somehow scared or excited when you set your goals so don't worry about their size, just aim high enough. Have fun with this exercise and see you in the next lesson.

Have a nice day,

Salvatore Paniata

