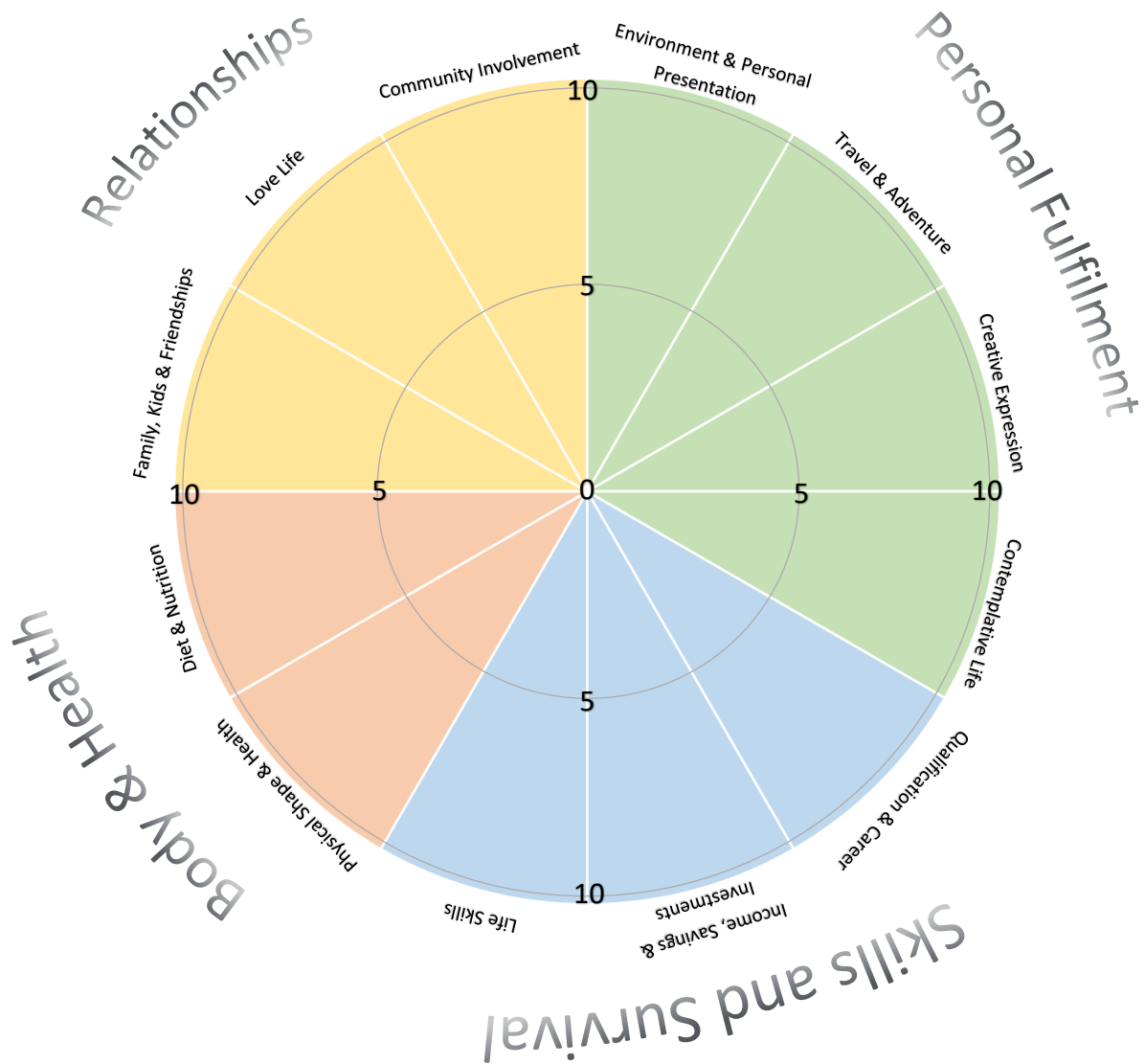




Triarius Project Life Assessment Wheel



Use this wheel to get a snapshot of your life as it currently stands. In each of the categories, on a scale of 1-10 (1 being totally unsatisfactory and 10 being perfectly satisfactory) shade the amount of the pie slice that corresponds to how strong your life is in that area at present.

I've colour-coded the sections to indicate the over-all theme that corresponds to it, which may help you in setting up goals.



So let's have a look at each category, to help you consider them in more detail.

1. Environment and Personal Presentation.

Are you pleased with the state of your house and home? Is it clean, tidy and in good repair? How about your car? What does it say about you? Do you surround yourself with beautiful and inspiring things (artwork, furniture, furnishings, garden)? How about your personal grooming, choice of clothes and presentation? Does your environment and the way you look reflect what you want for yourself?

2. Travel & Adventure.

When's the last time you took a holiday? They say travel broadens the mind, so how broad is yours? When was the last time you watched a foreign film or ate in an ethnic restaurant? How about that bucket list of places to see and things to try? When did you last have an adrenaline rush from fun, rather than stress?

3. Creative Expression.

For its own sake – drawing, painting, sculpting and other arts and crafts? How about learning or playing a musical instrument? Learning a new language or writing that book you've been meaning to? Using that right brain once in a while helps you to de-stress, but also to tap into areas to solve problems your left brain may not be able to

4. Contemplative Life.

We used to spend a lot of the time walking to-and-from places and working alone in the field, which gave us a lot of time to think- about our life, our families, our values, and our place in the world. In today's busy, fast paced life, we are so constantly saturated with information, that we hardly have time for any quiet reflection. Do you meditate? Practice a religious faith? Or even just spend some regular time evaluating your past and planning your future?

5. Qualification & Career.

Are you a Master of your trade? How much recognition do you have in your occupation? Are you at your pinnacle, or is there more you need to learn to become even better? Do you get excited to go to work every day, or would you rather be somewhere else, doing something else? It's better to be an excited apprentice than a miserable master.

6. Income, Savings and Investments

Are you making as much money as you deserve? Have you set up a savings plan? Have you made any investments or set up insurance policies to support yourself in old age and sickness? Are you at the mercy of circumstances, or proactive about using money wisely? How about that side-hustle? Could you maintain your lifestyle for 6 months if you lost your job?

7. Life Skills.



How independent are you? Can you cook for yourself? Wash and iron your clothes? Can you do minor repairs around the home or are you dependant on tradespeople or others to do these things for you? Are you good with your hands, can you build anything? If you were dropped into the forest could you survive a week on your own- building a shelter, find food and make a fire? How about tech stuff? Can you resolve computer and internet issues at home, or do you always need to call someone to help you?

8. Physical Shape and Health.

When you look in the mirror, do you like what you see? Do you think others find you attractive? Are you in reasonable shape and health for your age? Do you play sport or actively take care of your body? Are you on permanent medication? What about recreational drugs? Is there anything you can do to change that?

9. Diet and Nutrition.

Do you eat whatever you want, or do you make healthy choices? Do you overeat, or eat for comfort? How varied is your diet? Do you eat mostly home-cooked meals, or do you eat out regularly? Do you drink alcohol for the sake of drinking, or are you a connoisseur?

10. Family, Kids & Friendships.

Do you take care of your people? How much time do you set aside to maintain your relationships with those that are important to you? Do you consider yourself a good parent? Or a good son/daughter to your own parents? Do you ever call your close friends to touch base, or do they always call you? How many dinners or get togethers do you host per year?

11. Love Life.

Are you a player, solo, or in a relationship? Are you OK with whichever of those you are? Are you thoughtful? Do you set aside some time each day to let your spouse/partner know you love them? Do you get enough sex? Is it good? Are you a skilful and generous lover?

12. Community Involvement.

Are you involved in your local community, or a charity? Do you coach or volunteer your time or services to a group that could use your skills? Do you teach or mentor anyone? Are you involved in your professional association? Are you a member of a social or fraternal organisation? Could you reach out more or raise your standing in your community?