



THE MINDSET FIX WHEEL

The Mindset Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to your mindset. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle.



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Date: _____

Rate your response after each question using a number from the following scale:

Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Consider each of the mindsets I've reviewed as one small slice of The Mindset Fix Wheel:

Abundance: How successful have you been at shifting your thoughts of scarcity to abundance?

Awareness: How successful have you been at consciously breaking habit and thought patterns and choosing a more prosperous path? How are you doing with being aware of your mental health? How are you doing at breaking through defenses and denial? _____

Responsibility: How successful have you been at freeing yourself of resentment and anger by taking responsibility and granting forgiveness? _____

Presence: How good are you at giving yourself the present of presence to experience the riches only available in the here and now? _____

Essence: How connected do you feel with your inner light and highest self? _____

Self-Love: How good are you at practicing self-care, self-affirmation, and self-compassion? How well are you silencing your Inner Saboteur? _____

Vision: How successful have you been at recreating your life in new and magical ways by envisioning the streets paved with gold? _____

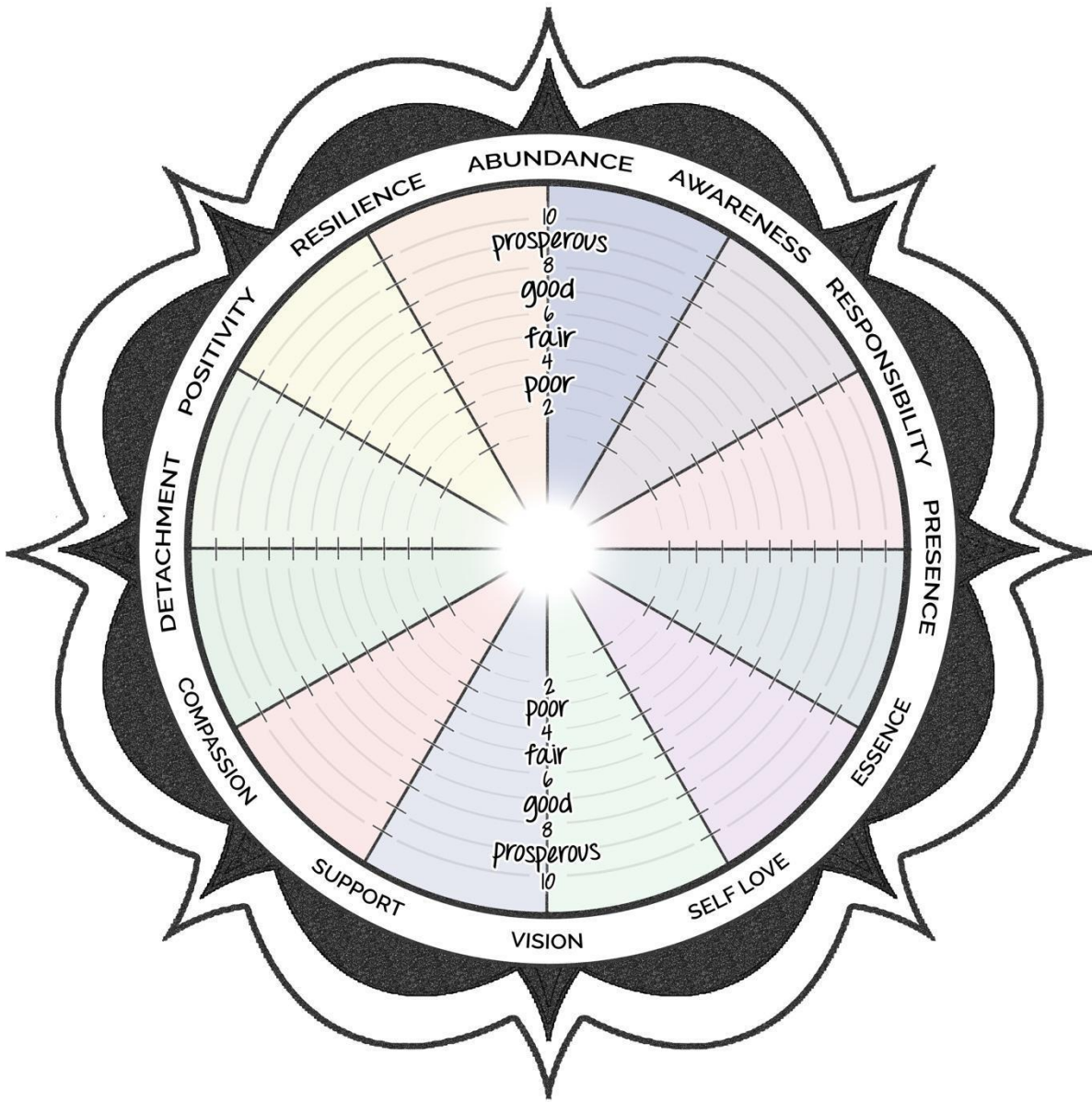
Support: How successful have you been at opening yourself up to receiving support, weeding out toxic relationships, and welcoming supportive people into your life to do more good in the world? _____

Compassion: How good have you been at opening your mind, encouraging others, and paying it forward with generosity? _____

Detachment: How good are you at detaching from drama and negativity and staying on course?

Positivity: How good have you been at spinning straw into gold by practicing gratitude in order to attract greater prosperity? _____

Resilience: How are you doing when it comes to resilience? Are you better able to bounce back from challenges and thrive? Are you transforming into your best self in the process? _____



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Chart your responses on the Mindset Fix Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Abundance? Put a dot on the spoke next to the number that corresponds with your answer. Continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.

Now write down today's date so you can reference it when you reassess your financial health at a future date. Today's date: _____. To keep yourself on track, consider completing this exercise once a quarter so you can live more consciously. Look at your wheel and think about how much you have improved in each area since starting this program.

Your journey doesn't end here. A financial mindset is not a finite accomplishment, it is a way of living. As life throws you challenges, there will be dents in your wheel—that's okay and natural. You've got all the tools you need to keep working as you continue to strive for balance, wholeness, and greater prosperity. We are all works in progress striving toward greater mental and financial health.

Answer the following questions:

- **Which three mindsets are the strongest for you and why? How can those strengths help bolster less strong areas?**

- **What are your lowest-scoring spokes (the biggest dents in your wheel)? Why do you think this is? What are you going to do to continue to build these mindsets?**

- **What would be most helpful to you while you continue to work through the program? Do you need an accountability partner or a small group to work through the program together?**