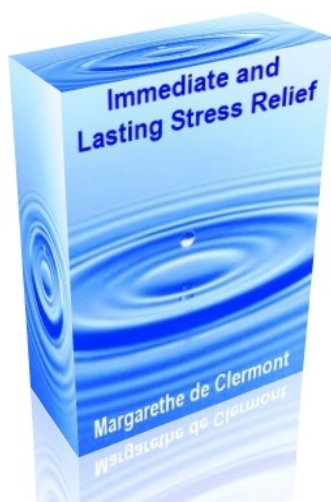


The Wheel of Life

Prolonged, unremitting and escalating stress can permanently damage your health and is related to diseases like cancer, depression, stomach ulcers and heart attacks

Stress destroys your happiness, your relationships, your work satisfaction, your financial potential, your appearance, your confidence, your peace and your zest for life

Dear Reader



STRESS KILLS! After 17 years as a medical doctor, I came to the conclusion that stress, directly or indirectly causes or aggravates a large variety of diseases. I decided to focus on prevention rather than cure and investigated various alternative disciplines like NLP, hypnosis, meditation, yoga, tai chi, aromatherapy, energy healing, equine-assisted therapy, life coaching, etc. looking for solutions.

In 2006 I wrote the [Papillon Weight Loss Program e-book](#) and the [Acorns to OakTrees- Attract and Create Abundance and Prosperity e-book](#) to help my clients cope better with weight and stress management and so avoid complications.



Both the books and the workshops are geared to :

- help my clients regulate the amount of stress in their lives by introducing them to effective, flexible and practical stress management techniques and so prevent a large variety of diseases caused or aggravated by stress— both in the short, intermediate and long term.
- make my clients feel that they are the most important people in the world, because to me, they are. I accomplish this by delivering positively outrageous service and doing whatever it takes to go above and beyond my clients' expectations.

Stress affects your self-confidence, relationships, your earning potential, your emotional equilibrium. Stress accelerates the ageing process and can make you feel



permanently tired and depressed.

To compliment the stress e-book, the "[Acorns2OakTrees](#)" workshop was created. The objective of both the e-books and the workshops is to provide every one with effective tools and techniques to eliminate the harmful effect that stress can have on their health, happiness, relationships, financial stability and achievements.

I am also very excited about my latest venture, the "[Catterpillar2Butterfly](#)" workshop -created especially for people who struggle to lose surplus weight and keep it off. Overweight is just as detrimental to your Health and Happiness as Stress is.

Today, you have an exceptional opportunity to invest in your future health and happiness. This is your personal invitation to attend the popular "Acorn2OakTree" workshop or the "Catterpillar2Butterfly" workshop- six day-long residential workshops in the sun-drenched south of France."



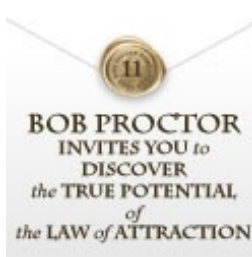
The Acorn2OakTree" and "Catterpillar2Butterfly" workshops are presented at my house, Alegria Mallenga, near Toulouse in France. This *gentilhommiere* was built in the seventeenth century, on 10 private acres, and is surrounded by rolling green hills with views in all directions. Here you can relax and rejuvenate mind, body and soul while you find out how easy it is to drastically reduce your stress levels and even how to use stress to your advantage.

Choose your favourite stress/weight management method:

1. The [Acorn2OakTree](#) and [Catterpillar2Butterfly](#) Workshops in one of the most peaceful, unspoilt and beautiful parts of France
2. Through convenient, flexible and easily accessible [stress counselling by e-mail](#)
3. Through articles, [books, DVD,s CD's, MP3's](#), e-courses and e-books - especially the e-books [Papillon Weight Loss Program](#) and [Acorns2OakTrees](#)

I hope you find this Special Stress Reduction Report very useful. Please let me know what you thought of it by leaving a message on my blog, at [Margaretha's Blog](#).

Looking forward to welcoming you at Alegria Meillenga!



You may have heard of the Law of Attraction and the hit-movie and best-selling book *the Secret* . It took the world by storm recently when it introduced and explained the infinite power of the Law of Attraction.

The film literally changed millions of lives including my own and I use it as a cornerstone for the workshops. The e-books also refer to it at length. But did you know that there are 11 other ancient laws that was not revealed in *the Secret*?

www.Acorns2OakTrees.com

Bob Proctor, one of my all-time favourite authors, has revealed these "forgotten laws" and I wanted to share them with you. [CLICK HERE](#) to find out more.

Let me know if you find them helpful!

I support the Blue Cross Charity appeal – this charity rescues and re-homes abused and neglected horses. Click on the picture if you wish to make a donation too.



Many of the causes of damaging levels and periods of stress can be traced back to an **imbalance** of one kind or another, often several areas of our life and work have become "out of kilter" with our thinking and functioning.

Today we are going to look at the **key areas** where imbalance occurs in our work and personal lives and specifically how during elongated times of pressure our thinking and how we view many facets of our life may have become blurred and unclear.

During such periods we may have lost sight of the obvious solutions or due to physical and emotional pressures got things out of context and perspective.

A classic example but by no means the only one, is having to work longer and harder for periods of time. Logically at such times you should spend more time resting and recuperating. Rarely does this happen with lack of time being cited as the main reason.

In the above scenario and in many others of a similar nature there is a natural process unfolding as this imbalance continues, one that many people remain blissfully unaware of until such time as it bites them firmly on the rear!

Such imbalance doesn't only apply to work and business but also in other roles and responsibilities such as that of parent or carer, and also in differing contexts other than work, during study or illness or recovering from injury for example.

More and more often however it is a combination of more than one facet of our life making it feel even more difficult to overcome, that's why we adopt an holistic approach to solving the problem.

Our aim is to be able to recognise unhealthy stress in ourselves and others and how to combat and avoid the potential negative outcomes that invariably arise when prolonged stress is left unchecked.

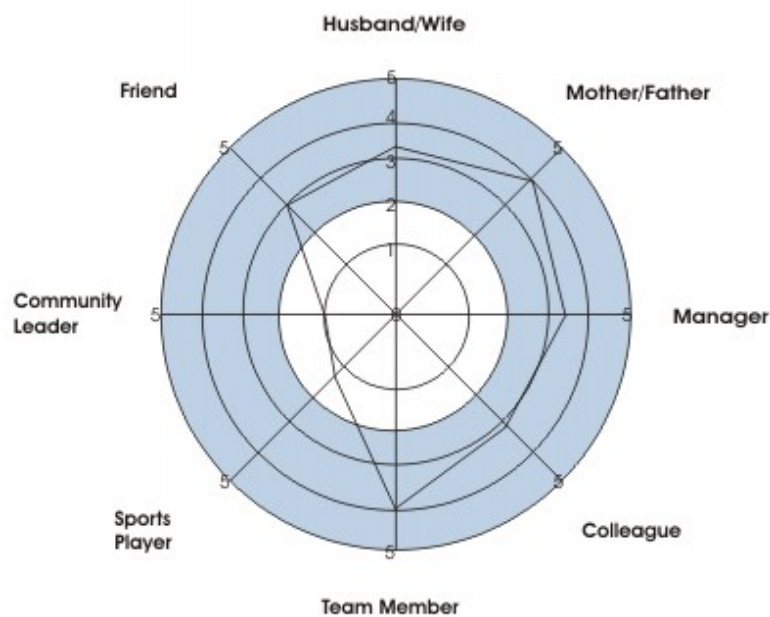
We need balance in our lives so that we can feel in control and energised. One has to be true to oneself. Awareness of our feelings enables us to monitor how we really feel about the situations we find ourselves in and can safeguard our health and psychological well being

When life is busy, or all your energy is focused on a special project, even if it is working on the realisation of your dreams, it's all too easy to find yourself "off balance". You may find yourself not paying enough attention to **important areas of your life**. While you need to have drive and focus if you're going to get things done, taking this too far can lead to frustration and intense stress, and eventually undermine your motivation to reach your goal.

Or maybe you have the vague feeling that something **lacks in your life**, that your life is out of balance. That's when it's time to take a "helicopter view" of your life, so that you can bring things back into balance. This is where the Wheel of Life (or Life Wheel) can help you consider each area of your life in turn and it helps you identify they **areas that need more attention**.

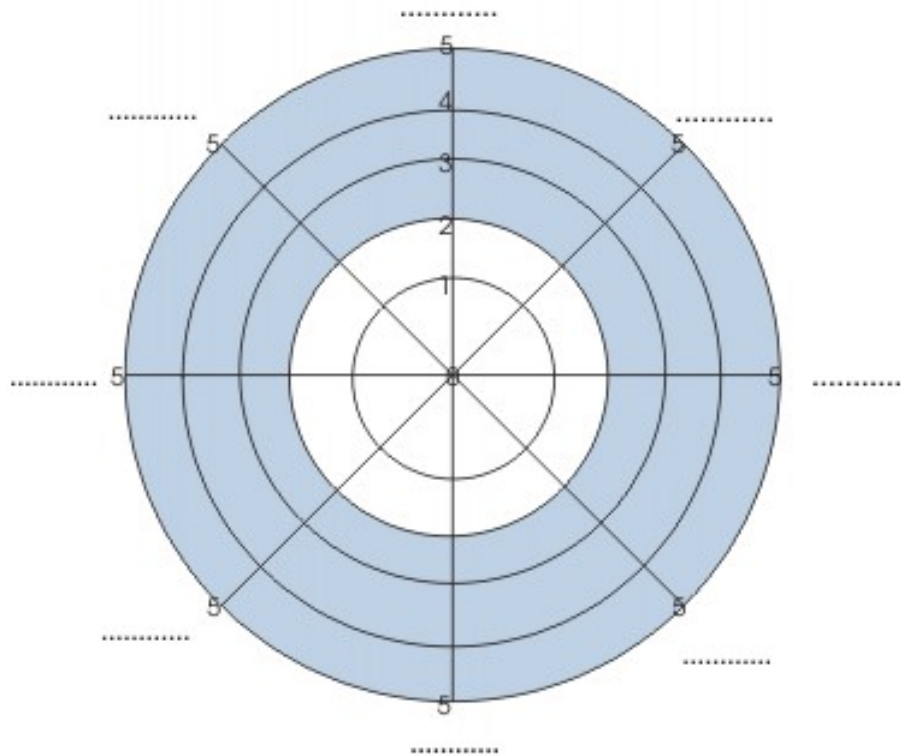
Figure 1 below shows an example wheel of life with example "dimensions" (I'll explain how to choose the right areas of life or dimensions for yourself below).

Figure 1: Wheel of Life Example



The Wheel of Life useful because it gives you a vivid visual representation of the way your life is currently, compared with the way you'd ideally like it to be. It is called the "Wheel of Life" because each area of your life is mapped on a circle, like the spoke of a wheel.

Figure 2: Wheel of Life Template



1. Start by brainstorming the 6 to 8 dimensions of your life that are important for you. Different approaches to this are:

- **The roles you play in life** for example: husband/wife, father/mother, manager, colleague, team member, sports player, community leader, or friend;
- **Areas of life that are important to you** for example: artistic expression, positive attitude, career, education, family, friends, financial freedom, physical challenge, pleasure, or public service; or
- **Your own combination of these (or different) things**, reflecting the things that are your priorities in life.
- **The cycle of change** –see below

2. Write down these dimensions down on the Wheel of Life diagram above, one on each spoke of the life wheel or use the wheel below..

3. This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So the next step is to assess the amount of attention you're currently devoting to each area. Consider each dimension in turn, and on a scale of 0 (low) to 5 (high), write down the amount of attention you're devoting to that area of your life. Mark each score on the appropriate spoke of you Life Wheel.

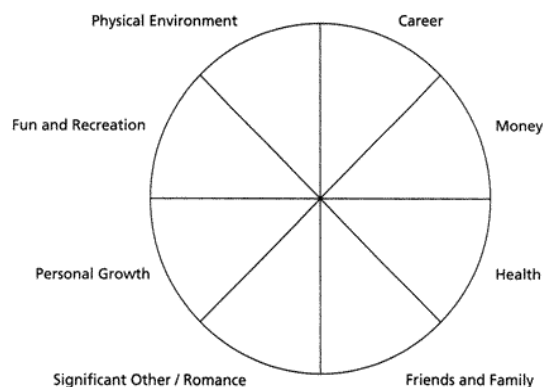
4. Now join up the marks around the circle. Does your life wheel look and feel balanced?
5. Next it's time to consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply!

So the question is, what would the ideal level of attention be for you each life area? Plot the "ideal" scores around your life wheel too.

6. Now you have a visual representation of your current life balance and your ideal life balance. What are the gaps? These are the areas of your life that need attention. And remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you'd like. However there may also be areas where you're putting in more effort than you'd ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

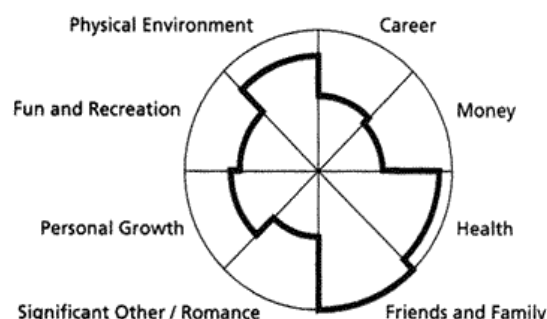
Once you have identified the areas that need attention, it's time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you STOP doing or reprioritize or delegate to someone else? Now plot your own life wheel (see example below)

Wheel of Life Exercise



Regard the outer rim of the Wheel as a 10 and the centre as 0. A 10 means you are completely happy in this area of your life with a 0 as being dissatisfied. Rate your score in each area of your life and then draw a line across each individual segment according to how satisfied you are in that area.

Example



The new perimeter of the circle represents where you are with regard to all areas of your life.

Disclaimer

This workshop is designed to promote personal growth and emotional awareness. Personal development activities present elements of emotional risk.

You are responsible for your own emotional health during and after this workshop. The workshop is designed to accelerate your progress by providing greater focus and awareness of possibilities leading to more empowering choices.

Results are due to an individual's intentions, motivation, choices and actions, supported by the material presented. The developer of this course assumes no responsibility or liability for the use of the information presented in this workshop. This includes errors due to misprinting or occlusion of detail.

This workshop is not intended to replace professional psychological or medical assistance or advice. If you have a problem that you feel is serious, or if you feel your life is somehow out of control, please contact your personal physician or a counsellor immediately.

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