

## **The Wheel of Life → YOUR Roadmap to ZST4LVG**

The original concept of [The Wheel of Life](#) is attributed to the late [Paul J. Meyer](#) who founded the Success Motivation® Institute in 1960. According to 'The Coaching Tools Company', Paul J. Meyer, was a thought leader and coaching industry pioneer. ZST4LVG (Zest For Living) is the term I've coined to describe my approach to getting more from life, aka living to one's full potential. In Maslow's hierarchy of needs pyramid, this is the absolute top – Self-Actualization. To make it easier for others to coach themselves to bust barriers on the journey to ZST4LVG, I thought to marry the two concepts.

Below I provide the ZST4LVG broad aspirations for each life strategy so that you can use one of the above options to envision your intention and goals -- your 'lighthouse' to self-actualization, for the person you believe yourself to be today. This 'lighthouse' should give you motivation to navigate as you learn and grow and make choices within each and across all Life Strategies. The exercise and template that follow will allow you to create your map.

**Know your Authentic Self and your Purpose/Legacy:** Other versions of the Wheel of Life call this 'Personal Growth Category', Spiritual, Religion, Self-Development, Legacy and Purpose

The ZST4LVG aspiration for this strategy is that you are the pilot of your life. You know yourself, who you are – what makes you 'tick', your values, your beliefs, your motivation, strengths/improvement areas, etc. -- which then helps to inform your choices to live a life worthy of having lived. To set your ZST4LVG intention, how would you like to be remembered if you died tomorrow? Those adjectives and this vision of your future self should give you a feeling of joy about your future path. This expression of your authentic self today into the future will evolve and change as you continue to learn and grow.

This strategy is the most fundamental of all and for some people to whom introspection is difficult, the hardest because of the never-ending sabotaging thoughts filling the mind. My advice --don't spend a lot of time thinking – just jot down your first thoughts. There are a lot of resources, podcasts and mobile apps that can help when you search the internet. However, a professional coach can help you get a jump start on this strategy.

**Excel – Do your best – in your Vocation/Livelihood:** This is the second piece of the original Wheel of Life category called 'Career', or in some other models, 'parenthood', 'volunteering', etc.'.

The ZST4LVG aspiration for this strategy is that you enjoy getting up and living for the day-to-day activities (paid or not paid) because you work at the best of your ability toward your goals. "Livelihood" is what you choose or must do, to define or support your existence. "Vocation", the ultimate aspiration – is a livelihood consistent with who you are and your purpose. To set your ZST4LVG intention, how can you be the best at what you are going now or what you want to be doing on a day in and day out basis?

**Secure Financial Capacity and Wellbeing:** Other versions of the Wheel of Life call this ‘Money’ or ‘Financial Security’.

The ZST4LVG aspiration for this strategy is that you have the means and/or plans to cover all other strategies, address unforeseen risks, as well as help those who are less fortunate than you. Helping others has dual benefit of making the world a better place for all as well as providing a sense of wellbeing for you.

**Invest in Love Relationships:** Other versions of the Wheel of Life have call this ‘romance’ or ‘intimacy, spouse’, ‘significant other’ and may include “family and friends”

‘All you need is love’...the Beatles said it so it must be true. Everyone needs love in their life to be whole. In this ZST4LVG model, love is a two-way street; the aspiration is that you have at least one personal relationship or life partner with whom you share mutual respect, trust, and support for each other’s Life Strategies. If that coincides with the fairy tale romance definition of love, then you have a bonus! A goal can be that you feel content with every personal relationship that is close to you in your life and enjoy being in their company. I include family or friends I choose as family.

**Build a Social System:** Other versions of the Wheel of Life Strategies call this ‘Friends, Fun & Leisure, Home Environment’.

The ZST4LVG aspiration for this strategy is that you feel a sense of ‘belonging’ to something or somewhere and have an outlet for support, release, and rejuvenation when you need it...and you give to others when they need it. This includes friends of all levels, mentors, teachers and experiences that bring you joy like sports and travel.

**Maximize Personal Health & Wellness:** Other versions are similar, calling this Health, or Physical and Mental Health.

The ZST4LVG aspiration for this strategy is that you feel mentally, physically and emotionally strong with the energy to realize all other ZST4LVG Integrated Strategies. Note: External beauty may be one of your goals, but only if it is to feel strong and confident, a positive energy. If the approval of others is what you seek then external beauty can be a negative energy, detracting from ZST4LVG. Being strong mentally and emotionally means you are able to deal with and bounce back after detours, setbacks and barriers that life hands you.

Because you have Established Self-Accountability as a Foundational Capability, your regular Planned Self-Coach Sessions include creating and reviewing your ZST4LVG Roadmap. In those sessions, you will continuously reflect on and celebrate what you’ve learned about yourself and perhaps set new goals. At some point you may change your intended destination.

## YOUR Road Map Exercise

The Exercise that follows 'Begins with the End in Mind' to quote Stephen Covey. The starting point is envisioning your 'destination', aka describing what the ZST4LVG aspiration means to you for each Integrated Life Strategy, followed by your honest personal assessment of where you feel you are today (your 'blue dot' on a maps app!) What follows is some assessment of goals, barriers and action steps to move you from where you are today to where you want to go. It ends with ONE S.M.A.R.T action step to move forward on your highest priority strategy.

### Instructions:

1. Do whatever you need to bring your mind to a state of possibility and positivity. Is it deep breathing, grounding and centering, or Positive Intelligence (PQ) reps? A Mindfulness exercise? Some form of movement? Perhaps a shot of bourbon?!
2. On the template provided, for each strategy in the column beginning 'Your Dream Intention', include notes or words describing first thoughts you have for that aspect of your life when you read how I describe the ZST4LVG Aspiration. This is your 'Destination' for the Roadmap you are creating. How do you see yourself and what you want for yourself 1, 5, or 10 years in the future -- or for as long as you can imagine? Keep asking yourself, 'Why? And what else?' to think bigger. Don't question or edit, just write with mindless abandon! It is for you alone unless you care to share it. You might even think of one or two goals to make your intention more 'tangible'.

Note: Intentions and Goals are often used interchangeably; Intentions are the 'Why' and Goals the 'What' to attain what we really, really want. The combination of goals and intentions can be a game-changer in achieving our aspirations. When we set a clear goal and pair it with a heartfelt intention, we align our actions with our values and motivations.

3. Repeat Step 2 (and Step 1 when you get distracted) for each strategy on the sheet. When you've completed that column, Stop. Review what you wrote, and then take a break or a pause to clear your mind. Taking a break at this point or when it makes sense before you finalize is important. You might need to work on increasing your positivity! Then make some edits if you want. Make it fun!

Note: Don't overthink this. I encourage you to just jot down the first things that come to mind and if you must edit after your pause, do it only to enhance what you've written. Don't let the negative thoughts we all have hijack your positivity and dreams.

4. Describe your 'Future Self Vision' Summary at the bottom of the Template. As you put together all the answers for each Strategy, what vision emerges for you? How does this make you feel? Ideally you feel positive motivation. This could be the 'Older Wiser Self' who provides advice as you navigate life's choices.

5. Now that you have your ‘Destination’ for each strategy, the next step in creating your RoadMap is to assess where you are. Online maps show this as a ‘blue dot’! In the column ‘TODAY’S Satisfaction, give yourself a score from 1-5 of where you think you are on the road to your ‘Destination’ for each Strategy. Use the ‘COMMENTS’ column to capture some notes with the reasons why. Because our brain naturally turns to negativity putting up obstacles to what we want, use the column ‘BARRIERS’ to jot down obstacles real or perceived to getting to your desired ‘Destination’ barriers that come to mind.

If you are happy with where you are and on target to what you described, give yourself a 5. If you feel unsatisfied or unhappy with where you are now and know you have a lot of work to do, give yourself a 1. Any number in between including decimals works for this exercise.

6. The final two columns of the template are intended to get you moving down the road from where you are to where you want to go on your road to ZST4LVG. Brainstorm 1-3 key action steps to progress each life strategy and mitigate the barriers. It is OK to put the word ‘Nothing’. This is not yet a commitment, just brainstorming with yourself. However, a long list will not serve you positively. Force yourself to choose just 1-3 first steps to move the ‘needle’ of satisfaction. Complete the column for all the strategies before proceeding to the next step.

7. As you look at the ‘big picture’ of the RoadMap so far, as well as your ‘Future Self Vision’ in Step #4, complete the column ‘Priority’. Number them 1-6 with 1 being most important to you currently, and 6 the least. Is your priority the one with lowest level of satisfaction? The one with the least barriers? The easiest next steps? Or one that provides the most passion and excitement to work on? Do this as fast as you can without thinking too much. Trust your gut.

8. At the bottom of the form, referring to your #1 Priority strategy, choose ONE step (or goal if you have one) to which you can commit NOW. Choose another if you like, however, people who take on more than one action can get overwhelmed and do nothing. For each, make it S.M.A.R.T (see acronym)

9. Complete the box ‘Observations’ to jot some thoughts about this exercise, what you learned about yourself and how you feel now that you have completed it.

10. Finally, at the top right of the form, add a ‘Date for Next Review’ to hold yourself accountable and measure progress. Referring to the Road Trip analogy think of this as a Milestone Marker. What date in the future do you want to check your progress? AND how will you save and later be able to retrieve this completed template? What tool will you use to remind yourself?

Options:

- Enlist the help of an accountability partner or a coach.
- Use a Digital devices reminder option, e.g. iPhone Reminders -- be sure to add the file name or where you store it in the reminder.

- Or how about this! Use a free service like 'FutureMe.com' to send this template in a letter to yourself. <https://www.futureme.org/letters/new>

ZST4LVG INTEGRATED LIFE STRATEGIES – WORKSHEET

ZST4LVG Aspiration for this Life Strategy	YOUR Dream Intention and Goals for this Life Strategy	TODAY's Satisfaction on progress 1 (low)-5 (hi)	COMMENTS Why today's rating? What's working?! What's Not?	BARRIERS Actual or Anticipated	NEXT STEP(s) To Progress this Life Strategy & Mitigate barrier(s):	IMPORTANCE 1-6
<u>Know your Authentic Self and your Purpose</u> You are the pilot of your life, with a growth mindset. You consciously make choices that are consistent with who you are to live a life worthy of having lived						
<u>Excel in your Vocation/Livelihood</u> You enjoy getting up and living for the day-to-day doing the best you can toward your goals						
<u>Secure Financial Capacity</u> You have the means and/or plans to cover all other strategies, address risks, as well as help those less fortunate						
<u>Invest in Love</u> You have at least 1 relationship or life partner with whom you share mutual respect, trust, and support for each other's Life Strategies						
<u>Build a Social System</u> You feel a sense of 'belonging' to something or somewhere and have						

an outlet for support, emotional release, and rejuvenation when you need it...and you give it to others when they need you						
<u>Maximize Personal Health</u> You feel mentally, physically, and emotionally strong with the energy to fuel all Life Strategies						

Your Future Self Vision Summary:

Observations:

Commitment to S.M.A.R.T Action #1:

- Specific: Simple, Significant, Sensible
- Measurable: Meaningful, Motivating
- Assignable: Achievable, Attainable
- Realistic: Relevant, Reasonable, Results-Based
- Time-bound: time-based, time-sensitive

Commitment to S.M.A.R.T Action #2

- Specific: Simple, Significant, Sensible
- Measurable: Meaningful, Motivating
- Assignable: Achievable, Attainable
- Realistic: Relevant, Reasonable, Results-Based
- Time-bound: time-based, time-sensitive