

OOLA COACHING™

OOLAWHEEL

LESS STRESS | MORE BALANCE | GREATER PURPOSE

LIVE
OOLA

YOUR NAME

DATE

Coaching Session: Advance Comments Form

Coaching Session 8: The OolaWheel

Create the Foundation of a Balanced and Growing Life

After reading through the Tutorial that follows this page, use this form to report to your Coach about any questions, special intentions or other matters ahead of your coaching call. Your comments ahead of time will help your coach prepare for a more productive coaching session with you. Email or text (SMS) this completed form to your Coach using the email address and/or telephone number they provided to you.

What were your insights after completing the OolaWheel exercise?

Which area do you MOST need to improve? Is making progress in that area difficult? Why?

What did you learn from completing the 7 questionnaires as part of the OolaWheel exercise?

Coaching Session 8: The OolaWheel

Create the Foundation of a Balanced and Growing Life

Getting to your OolaLife takes continuous action. It's time to make long-term plans and jump into hyperdrive. Over the next three coaching sessions, you and your coach will do that together—creating a workable plan to build the life you dream of and deserve. There are three simple steps.

Step One: Check In With Yourself. Where are you right now in your life and where could you do better? **The OolaWheel**—in this coaching session—will help you with this reality check.

Step Two: Figure Out Where You Want to Go. What are the goals and dreams you have for your life? You'll lay out an **OolaPlan** that is unique to you during our next coaching session.

Step Three: Follow the OolaPath. During the final coaching session in this program, you'll discover how to take the daily actions—and maintain the accountability—you need to get you to your goals using the **OolaPath**.

In advance of your Private Coaching Session, read through the tutorial that starts on the next page. Then take a look at your current life balance using the OolaWheel exercise *before your session with your Coach*. The instructions in the gray box below will get you started.

A Look At Your Current Life Balance: At-Home Assignment Before Your Coaching Session

1. Review today's tutorial called "Coaching Session 8: OolaWheel" (starts on next page).
2. Set aside one hour this evening to complete the OolaWheel exercise included with this tutorial. No additional information or outside research is needed—you'll simply be assessing and rating yourself on your current lifestyle, career, family relationships, health and fitness, and more.
3. Complete and email/text the Coaching Call Advance Request Form to your Coach. For yourself separately, jot down some discussion points on where you need the most help from your Coach.
4. After your coaching session is done, complete and send the Coaching Call Follow-Up Form to your Coach. You'll find it at the end of this document.

Coaching Session 8: The OolaWheel

Create the Foundation of a Balanced and Growing Life

When you use your smartphone's Maps app to get directions, the first thing that shows up is *where you are* at this moment—represented by a little blue dot. Plug in your destination, and your smartphone will use GPS technology to give you step-by-step, mile-by-mile directions from your current location to your desired endpoint. Before you can go anywhere, you need to know exactly where you are right now.

It never asks you about your past and doesn't care what mistakes you've made. It won't even factor in current challenges you might be facing. It simply shows you the fastest route from where you are now to where you want to go.

It's Impossible to Get Where You're Going Without Knowing Where You Are Now

Well, what if *your own life plan* was that simple? What if, just like GPS, you didn't judge yourself, take yourself down distracting side roads, or factor in time-consuming stuff? You would prayerfully consider your next steps, then just chart your course without bringing in a lot of outside factors to stop you. In fact, if you were using GPS, you wouldn't chart your own course *any other way*.

Starting to Build Your OolaLife: How Do You Roll?

If you've ever ridden a bicycle, you know the wheels are the most important component. To keep the wheel strong, spokes radiate from the hub, and the valve in the tire helps you keep it full of air. Without the spokes, hub, and valve, the wheel—and therefore, the bicycle—would eventually stop rolling and come to a stop.

Life is a lot like that wheel.

The Spokes

On the OolaWheel, there are seven spokes—each representing one category (or F) of Oola. When the spokes are balanced, the wheel just *works*. It moves forward easily.

The Hub

The hub of the wheel is the key—it's the base, the foundation, the core from which everything else emanates. Without a solid and secure hub, even with perfectly balanced spokes, your wheel will ultimately fail.

If you're cruising along, for instance, and a crisis hits your finances, you could pull the *finance* spoke off your wheel, and your bicycle would still roll. It'd be clunky, for sure, but the other spokes would hold it together and the wheel would still work. Add a business failure related to that financial stress—taking away another spoke—and yep, your bike would still go.

As long as you have a solid hub, you could lose *almost everything* and your wheel would still roll. It would be painful, clunky, and slow. But you would still move forward.

What's your hub? This is your question to ponder. What's the foundation on which your life is built? Is *God* your hub—the One around which your life evolves? Is it your Family?

The Valve

Your unique value system acts like the *valve* of your wheel. What inspires you? Which F of Oola comes naturally to you and motivates you? This is what makes up your highest values. For some people, it's faith or finance. For others, it may be family or their career (field). Whatever it is for you, you're gifted in this area, and you don't have to be asked or encouraged to pursue it.

Equally, we all have things in our life that we naturally avoid. These are your low values. For the OolaSeeker, it's finance—he hates spreadsheets and budgets. The OolaGuru, on the other hand, finds the lowest value in fun. Frankly, he would much rather be working (field).

The intent is to use your high values to “pump up” key areas in life that you tend to ignore or avoid. For example, if your highest value is your kids (family) and your lowest value is fitness, think through how working on your fitness and overall health will benefit your family. Maybe you'll set a good example for them. Maybe you'll be able to participate in activities instead of standing on the sidelines. And maybe by taking better care of yourself, you'll be around long enough to see your grandkids have kids of their own.

Looking at Your Own Seven F's of Oola,

To get a picture of where your life is now, complete the series of questionnaires starting below—one for each of the seven key areas of life. They're designed to help you “score” yourself on where you are now. Are you crushing it in some areas but completely messed up in others?

You can also find an interactive OolaWheel and a printable worksheet containing the OolaWheel at www.oolalife.com/Step1. Let's get started.

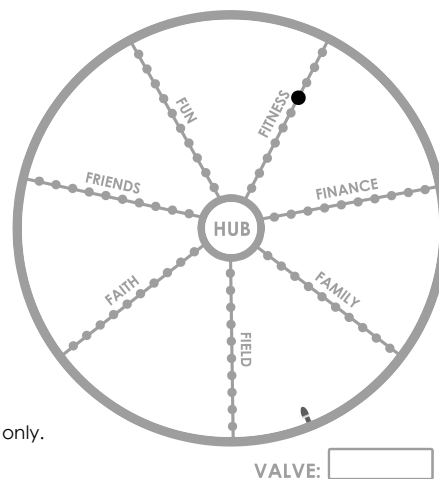
OOLAFITNESS

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FITNESS on your OolaWheel on page 12.

1. I would rate my current health _____
2. How close am I to my ideal weight? _____
3. I would rate my overall mental health _____
4. I do at least 3 cardio/resistance sessions per week _____
5. How hard do I push myself during exercise? _____
6. I am active outside of exercise _____
7. I practice relaxation daily _____
8. I love my life and have little stress _____
9. My meals are nutrient-rich and contain the proper calories for my body _____
10. I eat a balanced diet and avoid processed and fast food _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



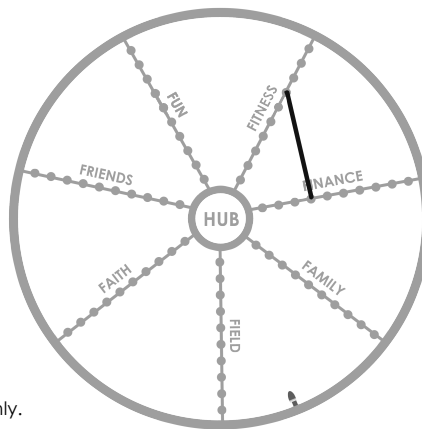
OOLAFINANCE

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FINANCE on your OolaWheel on page 12.

1. I would rate my current personal finances..... _____
2. I am saving at least 10% of every dollar I make for nonretirement purchases (such as car, trip, down payment, etc.)..... _____
3. I am completely debt-free (except for my mortgage) _____
4. My monthly income exceeds my monthly expenses..... _____
5. I am investing at least 15% for retirement _____
6. I have an emergency account equaling at least 7 months of expenses..... _____
7. I have the proper insurance (health, term life, property, etc.) _____
8. I give my money generously, with no expectation of anything in return _____
9. I have a complete and updated will..... _____
10. I have a solid budget and stick to it every month..... _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



Example only.

VALVE:

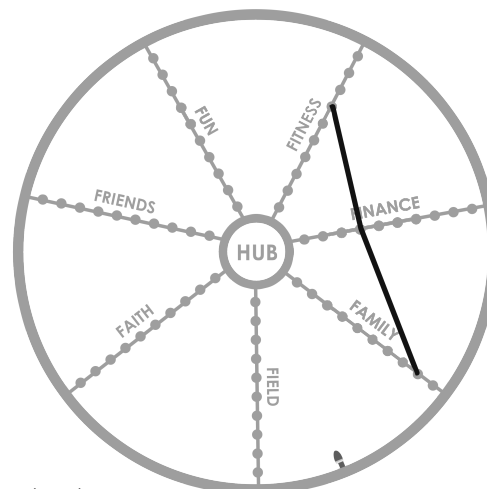
OOLAFAMILY

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FAMILY on your OolaWheel on page 12.

1. I would rate my current family situation..... _____
2. We eat at least one meal per day together as a family..... _____
3. My immediate and extended family is functional _____
4. Thinking of family makes me feel happy _____
5. I am honest with my family members _____
6. I work hard at being a better family member _____
7. I set aside personal time with my family, without phones _____
8. My family is loving, patient, supportive and respectful..... _____
9. I hold no hurt feelings toward any family members..... _____
10. I feel I spend enough time with my family to meet their needs..... _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



Example only.

VALVE:

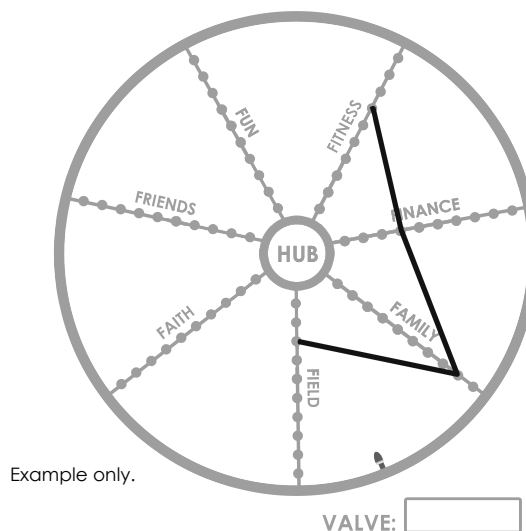
OOLAFIELD

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FIELD on your OolaWheel on page 12.

1. I would rate my current overall job satisfaction..... _____
2. My job financially meets my needs..... _____
3. I love my job..... _____
4. I feel as if I am doing what I was created to do..... _____
5. I have solid goals for my field..... _____
6. My current job doesn't interfere with my family and personal time..... _____
7. My current job makes the world a better place..... _____
8. My job utilizes my natural gifts and abilities..... _____
9. My current job can support my long-term financial goals..... _____
2. My job offers the opportunity to grow personally, professionally and financially..... _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



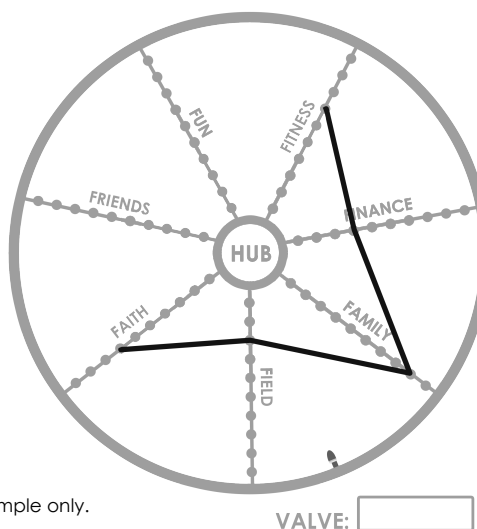
OOLAFaITH

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FAITH on your OolaWheel on page 12.

1. I would rate my faith _____
2. I feel connected to a higher purpose..... _____
3. I am plugged into a faith community and continue to learn/grow _____
4. I spend at least 20 minutes a day in meditation and/or prayer _____
5. My beliefs and the way I live my life are congruent _____
6. I use my faith to help resolve conflict and issues in my life _____
7. I reflect on my faith often throughout the day _____
8. I forgive easily..... _____
9. I rely on my faith to guide my choices and my decisions _____
10. I feel comfortable sharing and teaching my faith to others _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



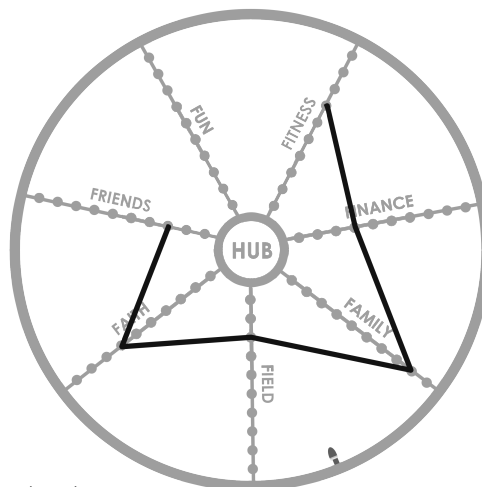
OOLAFRIENDS

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FRIENDS on your OolaWheel on page 12.

1. I would rate my social network of friends _____
2. I have unconditionally loving, supportive, and empowering friends..... _____
3. I am satisfied with the number of friendships in my life _____
4. I am a good example/mentor for my friends _____
5. My friends support my dreams and are good examples/mentors for me _____
6. When I think of my three closest friends, I have no stress _____
7. I openly communicate and trust my friends _____
8. I have friends who are good mentors in all 7 F's of Oola _____
9. I have no hard feelings or ill will toward my present friendships _____
10. I am not judgmental toward my friends _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



Example only.

VALVE:

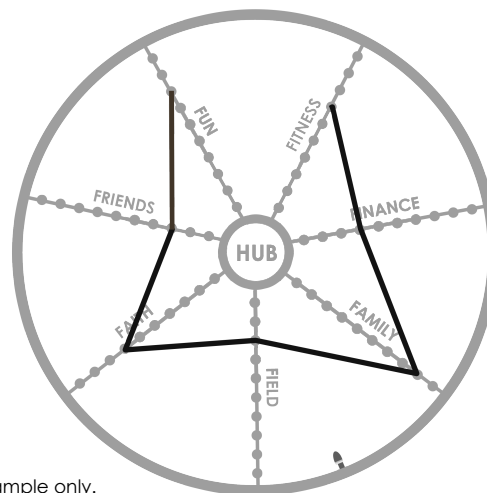
OOLAFUN

Simply rate the following on a **scale from 1 to 10**: 1 being low/bad/least true and 10 being high/good/most true. Write your number in the blank for each of the 10 questions. Then, at the bottom of the page, add up the total for all 10 questions and divide by 10. Put a dot on the spoke for FUN on your OolaWheel on page 12.

1. I would rate my fun in life..... _____
2. I enjoy and am having fun in life _____
3. I try new things often _____
4. I have fun and invest time pursuing my passion (i.e., hobby, interest) _____
5. I have fun outside of work at least 3 times per week..... _____
6. I check off at least one "bucket list" item each year _____
7. I am a fun person to be around _____
8. Fun rarely interferes with my responsibilities..... _____
9. People would say that I'm a fun person..... _____
10. I easily find free fun in simple everyday life _____

TOTAL SCORE:

_____ ÷ 10 =
 (Circle this number on page 12)



VALVE:

Complete the OolaWheel

Once you've completed the questionnaires, transfer your scores to the OolaWheel on page 12 and connect the dots. If your connect-the-dots circle is smooth, it shows you're balanced. But if it's jagged and spiked, it will identify those one or two areas where you're off-the-charts and out of balance. If you've been thinking lately, *I'm feeling stressed and out of balance, and I'm not rolling very well*, the OolaWheel exercise will show you why.

Follow these steps for completing your OolaWheel on page 12. A completed example is below.

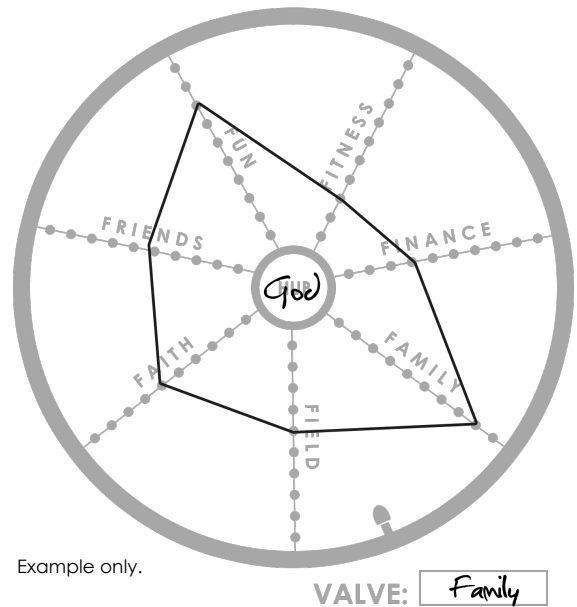
Step 1: Identify your Hub and write it in the Hub of the wheel on page 12.

Step 2: Identify your highest value and write this in the valve of the diagram on page 12.

Step 3: Place a dot on each spoke of the diagram. This is where you rated yourself on each questionnaire. If you scored a "1" in any area, for instance, you would mark the *first dot* closest to the hub. If you scored a "5," your dot would be about halfway out.

Step 4: Connect the dots on the diagram on page 12.

Step 5: How do you roll? Where do you need to improve first?



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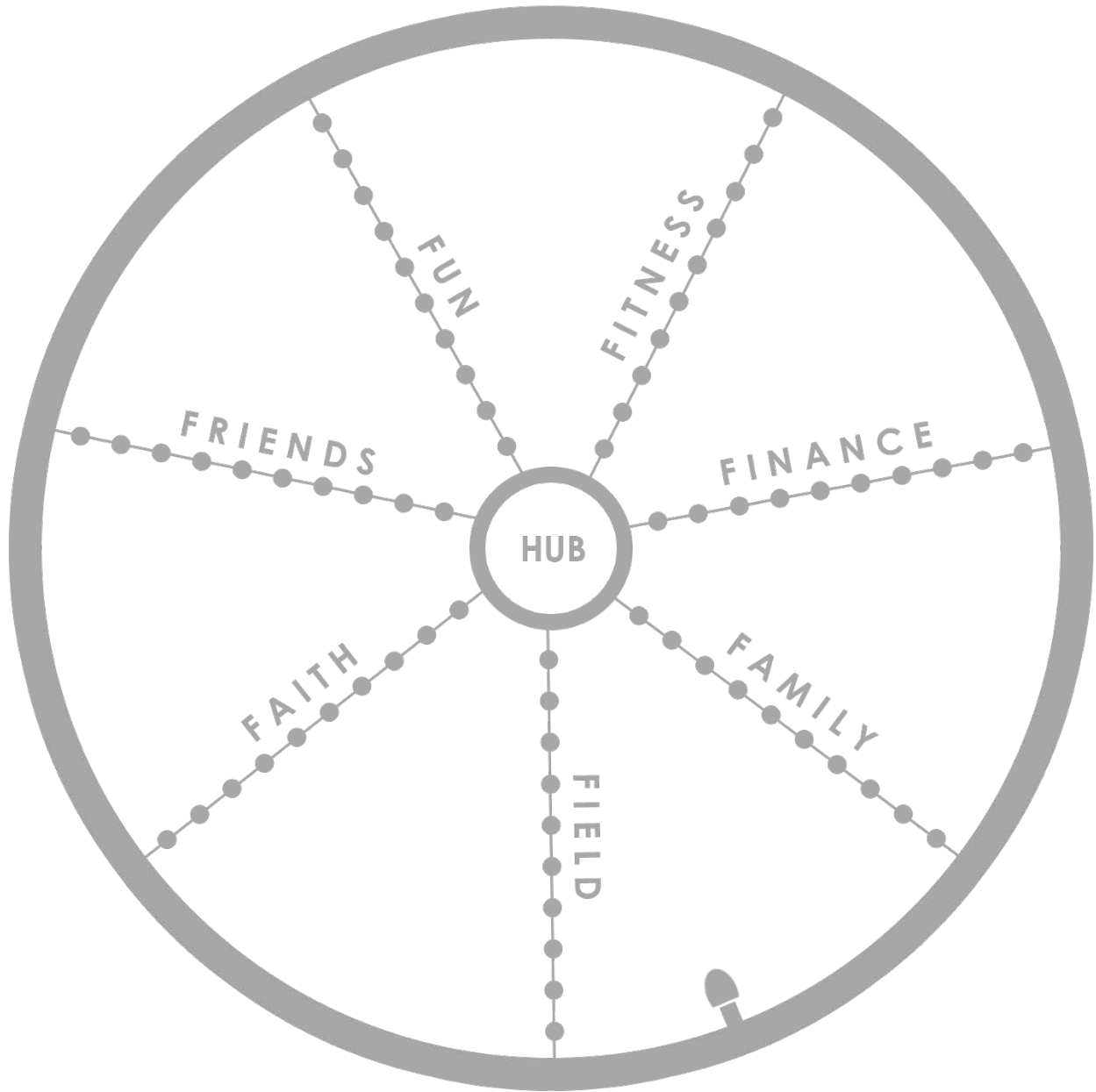
Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

”

MARK TWAIN

Iconic American author, humorist and entrepreneur

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VALVE:

YOUR NAME

DATE

Coaching Session Follow-Up Form

Coaching Session 8: The OolaWheel

Create the Foundation of a Balanced and Growing Life

After discussing your OolaWheel results with your Private Coach today, use this form to report to your Coach any questions, special intentions or other matters as a follow-up to your coaching call. Email or text this completed form to your Coach using the contact information they provided to you.

The most important insight I took away from today's coaching call is...

The one thing you said to me that I know will most impact me and my work going forward is...

Questions I still have or discussion items we did not talk about during today's session are...

If I could ask you to do anything differently during our calls, it would be to...

Three things I need you to hold me accountable for during the next coaching call are...

1. _____

2. _____

3. _____