



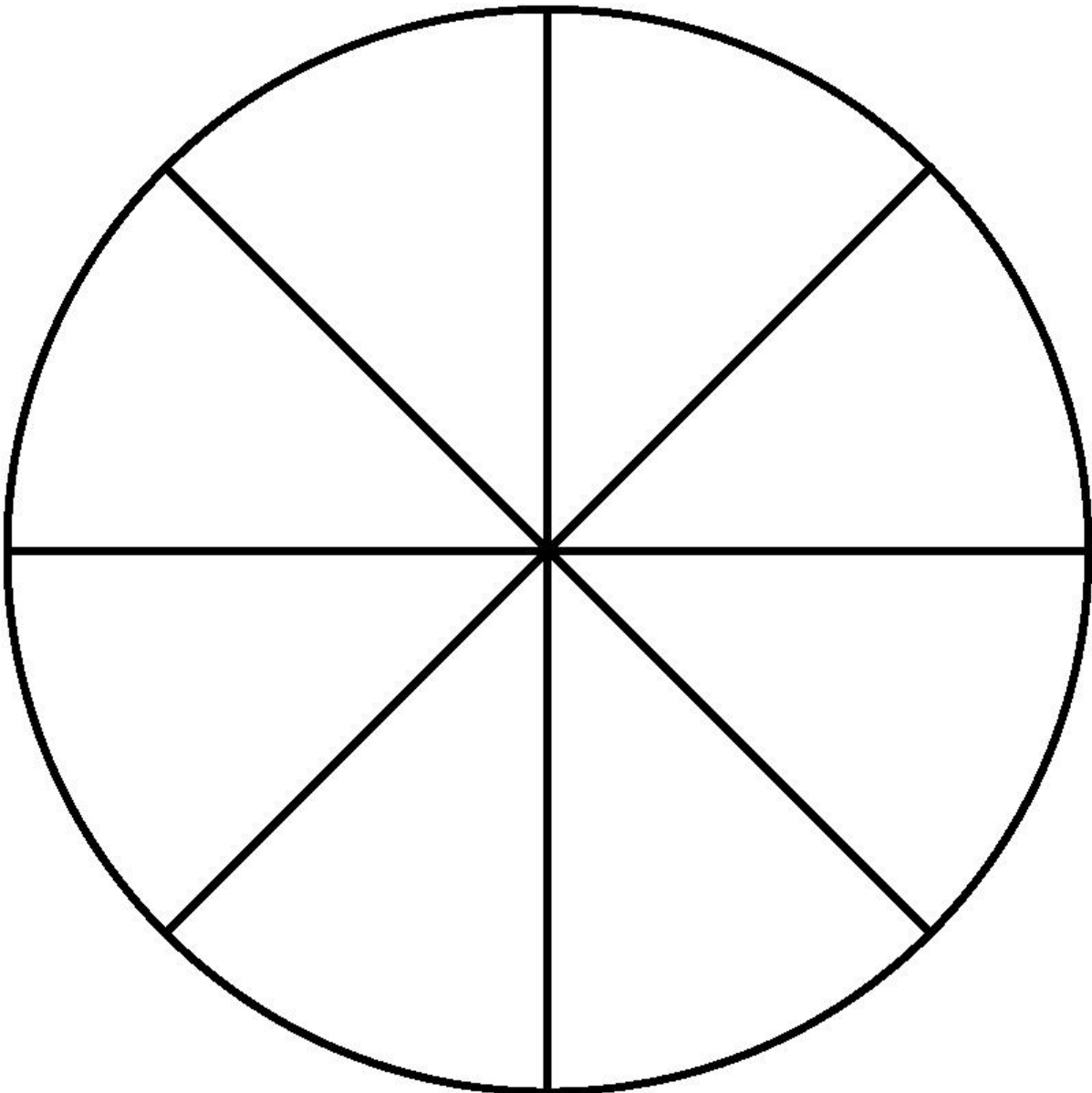
Video 1 Worksheet

Rules of the Game

- 1 _____
- 2 _____
- 3 _____

WHEEL OF LIFE

Watch the video for Scott's instructions.



(These will become your Categories for the next exercise.)



Live Deliberately

scottharris.com.au

Video 1 Worksheet

60 SECOND BRAINSTORM

1. Fill out your Wheel of Life Categories below then list out the things you want to achieve, experience, accomplish, do or share in the next 2-3 years, for each Category.

Category 1 _____

- _____
- _____
- _____

Category 5 _____

- _____
- _____
- _____

Category 2 _____

- _____
- _____
- _____

Category 6 _____

- _____
- _____
- _____

Category 3 _____

- _____
- _____
- _____

Category 7 _____

- _____
- _____
- _____

Category 4 _____

- _____
- _____
- _____

Category 8 _____

- _____
- _____
- _____

2. Circle the top 10 things on this list, remember your first thought is your best thought.

3. What are the 3 things on this list that you need to do NOW?



Video 1 Worksheet

HOMEWORK

Write a new story on your top 3 things about **WHY NOW?**

Make sure to include the following for each:

1. PAIN for you
2. PLEASURE for you
3. Things about YOURSELF (what's in it for you?)
4. Include OTHER PEOPLE in these goals

1

2

3

Remember to Focus on and re-read your stories throughout the week!