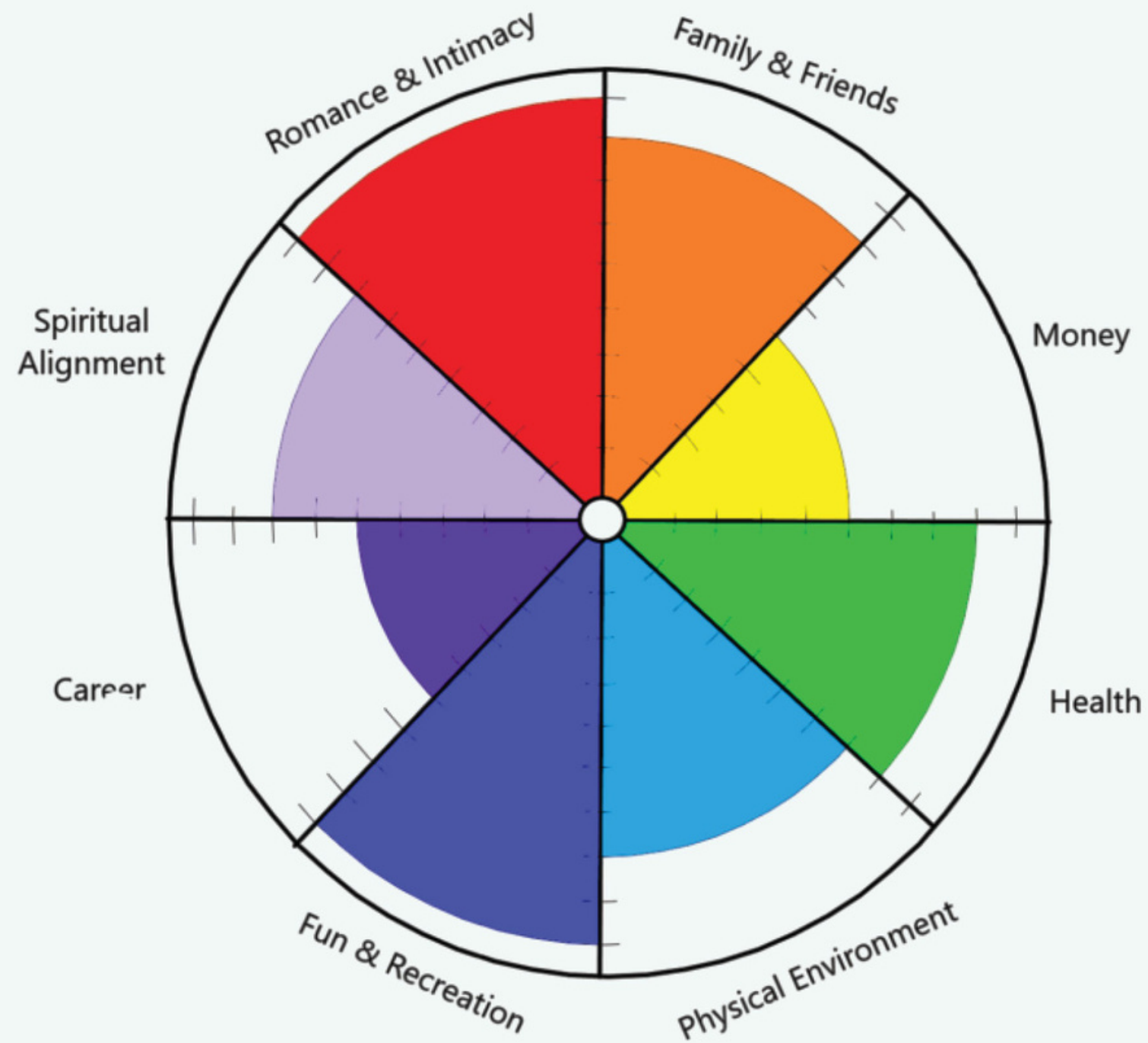


MY
MYNDPROJECT
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

WHEEL OF LIFE

MICRODOSING INSTITUTE

WHEEL OF LIFE



THE WHEEL OF LIFE IS A DISCOVERY TOOL THAT YOU HELPS YOU REFLECT ON HOW YOU RELATE TO YOUR LIFE.

WHEEL OF LIFE EXERCISE

1. Draw the Wheel of Life
2. Answer the reflective questions
3. Relate the outcomes to your intention and your microdosing journey



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THE WHEEL OF LIFE - HOW TO DO IT

1. Get a pencil and paper and draw a circle. Inside the circle, draw 4 lines: horizontally, vertically and in between, creating 8 compartments.
2. Label each section as on the example illustration.
3. How satisfied are you with your life, in each of these areas? Mark them with a percentage from 10 to 100%. Note: it's not about the past or future, evaluate these areas as they currently are.
4. Invite a close friend or person you trust to ask you the reflective questions on the next slides.
5. Do the same for the deepening questions on the last slide.

A background image showing a clipboard with a 'WORK-LIFE BALANCE' wheel diagram. The wheel is divided into eight segments labeled: CAREER, HEALTH, FAMILY, RECREATION, WORKSPACE, PERSONAL GROWTH, FINANCE, and FRIENDS. A red pen is resting on the clipboard. In the foreground, a person's hands are holding a white mug of coffee. The entire scene is overlaid with a semi-transparent pink filter.

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REFLECTIVE QUESTIONS FOR EACH AREA

Health:

How do you feel physically? Do you have any ailments that need to be resolved? Do you take care of your body? Do you exercise?

Family & Friends:

How do you get along with your family? How close are you to your friends? Can you be yourself in front of your friends? Do you build deep relationships?

Personal Development:

What things do you do to overcome your fears? What do you do to feel better every day?

Profession & Career:

What do you work or study? Do you like what you do? Do you feel that your work benefits other people? Do you work for money, or do you really like what you do? Do you study something for which you have a vocation?

A background image showing a person's hands holding a white mug of coffee. In the background, there is a clipboard with a document titled 'WORK-LIFE BALANCE'. The document features a circular diagram divided into ten segments: CAREER, HEALTH, FAMILY, RECREATION, WORKSPACE, PERSONAL GROWTH, FINANCE, ROMANCE, FRIENDS, and CAREER. The diagram is partially filled with yellow and blue colors. A red pen and a green pencil are also visible on the clipboard.

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REFLECTIVE QUESTIONS FOR EACH AREA

Partner/Romance:

Do you have a partner?

-Yes: Do you have a good relationship? How do you get along with your partner?

-No: Do you want to have one or do you prefer to be alone? If you don't have one and you want one, what do you do to get closer to it? If you prefer to be alone, why is that?

Finance:

How do you feel you relate to money, do you manage it well?

Do you feel you need to improve your relationship with money?

Physical environment:

Do you live in a comfortable place? Do you have peace and quiet in the house you live in? Do you keep your space tidy and clean?

Leisure & Recreation:

What do you do with your free time? Do you do things that enrich you and make you happy?

A clipboard with a 'WORK-LIFE BALANCE' wheel chart is shown. The chart is a circle divided into ten segments: CAREER, HEALTH, FAMILY, RECREATION, WORKSPACE, PERSONAL GROWTH, FINANCE, ROMANCE, FRIENDS, and another unlabeled segment. A hand is holding a white cup of coffee. The text 'MINI MANUAL' is overlaid in large white letters.

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DEEPER EXPLORATION

- What insights were revealed from this exercise?
- Have I made new connections or discoveries?
- How will I proceed with the areas that could benefit from more attention? What concrete actions can I commit to?
- How will I proceed with the other areas? What concrete actions can I commit to?
- How might microdosing support the insights and discoveries made during this exercise?



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