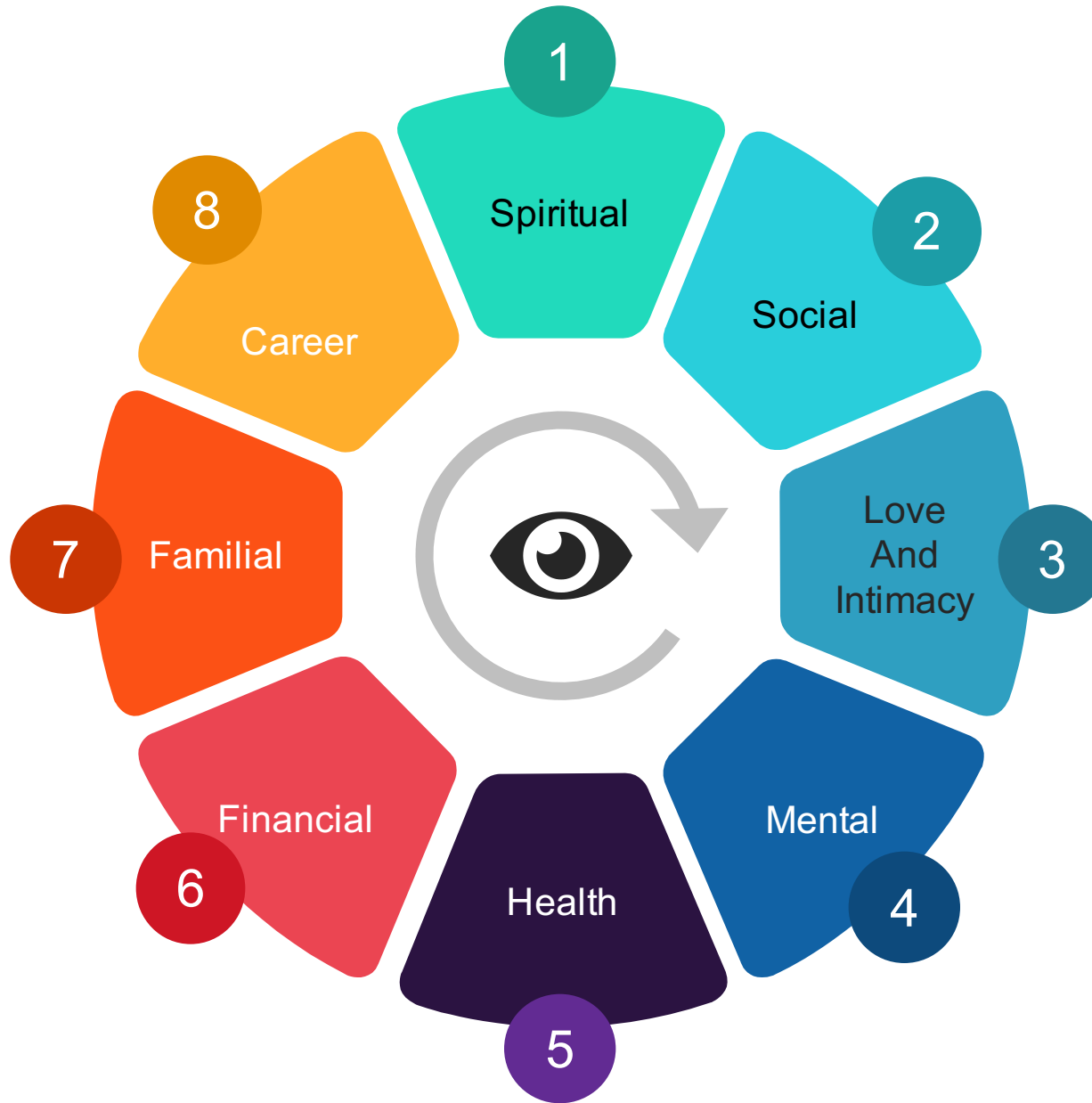


Treat Yourself as a Total Human Being

Life can be easily compartmentalised into 7 or even 8 areas. It is extremely important to include all in any definition of quality of life and performance measurement.





We are balanced in each area of life.

We are balanced by each area of life.



Treat Yourself as a Total Human Being

01



Spiritual

Nothing of the senses ever satisfied the soul. So, without your senses of taste, touch (feelings), smell, sight, hearing... who are you? This spiritual place is a rowdy turbulence that agitates for life, urgency, focus, achievement and yet, doesn't suffer from the lack of them all...

Treat Yourself as a Total Human Being

02



Social

We live in communities and play a role in them. Whether small or large our contribution is valued and our association is important. Whether it's a charity, a faith, a sport club, a social media group or work culture, we belong, and it's important to include this in our self awareness.

Treat Yourself as a Total Human Being

03



Love and Intimacy

I believe that it is important to separate this from family. We need love and intimacy which is a key in personal wellbeing and success. Sometimes the role of a partner in a family becomes confused between care giver and provider, but love and intimacy is a priority over both.

Treat Yourself as a Total Human Being

04



Mental

You know things. Some are generic and therefore are hard to value, such as “be careful when eating prawns at Asian market stalls.” Some things are pure genius like $E=mc^2$. You get paid for the value you add, by the unique way you share what you know. This is your mind and self worth in play in real life.

Treat Yourself as a Total Human Being

05

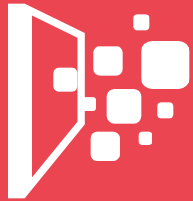


Health

Suffice to say, that health is a broad topic. Wellness might be better. It means, stamina, energy, posture, weight, cardio, skin health, teeth and bowel, to mention just a few. Your nervous system and more. More than look and feel, it's important to measure health based on longevity.

Treat Yourself as a Total Human Being

06



Financial

When you grow, your money must grow. As your dreams and vision expands so your money needs to expand. As your possibility to heal and help others (purpose) expands money expands. It is all one topic. Separating wealth expansion from spiritual expansion is impossible.

Treat Yourself as a Total Human Being

07



Familial

Children, parents, siblings, children's children, grandparents, you know, all those people who come together for Weddings, funerals and birthdays. It can also extend to your global family of like minded people, a business group or old friends you just love and don't see all that much.

Treat Yourself as a Total Human Being

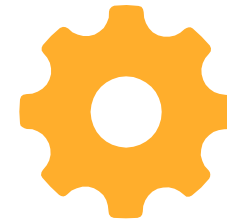
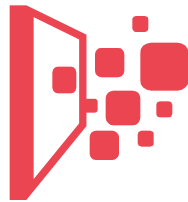
08



Career

















Sometimes where you earn your money and where you spend your time are separate topics. But ultimately career has an important role to play in feeling like you're creating a difference and it's really nice if you can be paid well to do it. How's that going?

Treat Yourself as a Total Human Being



A balanced person is balanced in each area of life, not balancing one against the other. Work balanced against life puts up a struggle that can never be won.

Treat Yourself as a Total Human Being - Priorities

Drop down each column and decide if you had to choose one over the other, which would you choose? Then add the number of each to get your values.

If I asked you to score yourself on a 1 – 10 against each of the 8 elements (where 10 is blissfully happy and content and 1 is suicidally depressed) how would this look?

So your 'VIP' score would be the total of the eight scores. What is it? Interesting. Are you happy with that? The normal reaction for people in a funk (low scores below 5 in any area of life) is to focus solely on one or two of these areas of life. For example, if you are down in career, you might turn to a coach. Down in health, you might end up at a gym or personal trainer. Mentally down you might start meditating, and so on. The problem with this is that as one aspect grows, another shrinks. You're unfulfilled at work so you decide to drive harder but as a result, your family and love-life suffers. Or if your finances are struggling you might start worrying about money and ignore your health. Your overall score of [VIP score] doesn't change, it simply changes shape. Old problems may go away, new ones appear. Have you seen this happen to anyone you know?

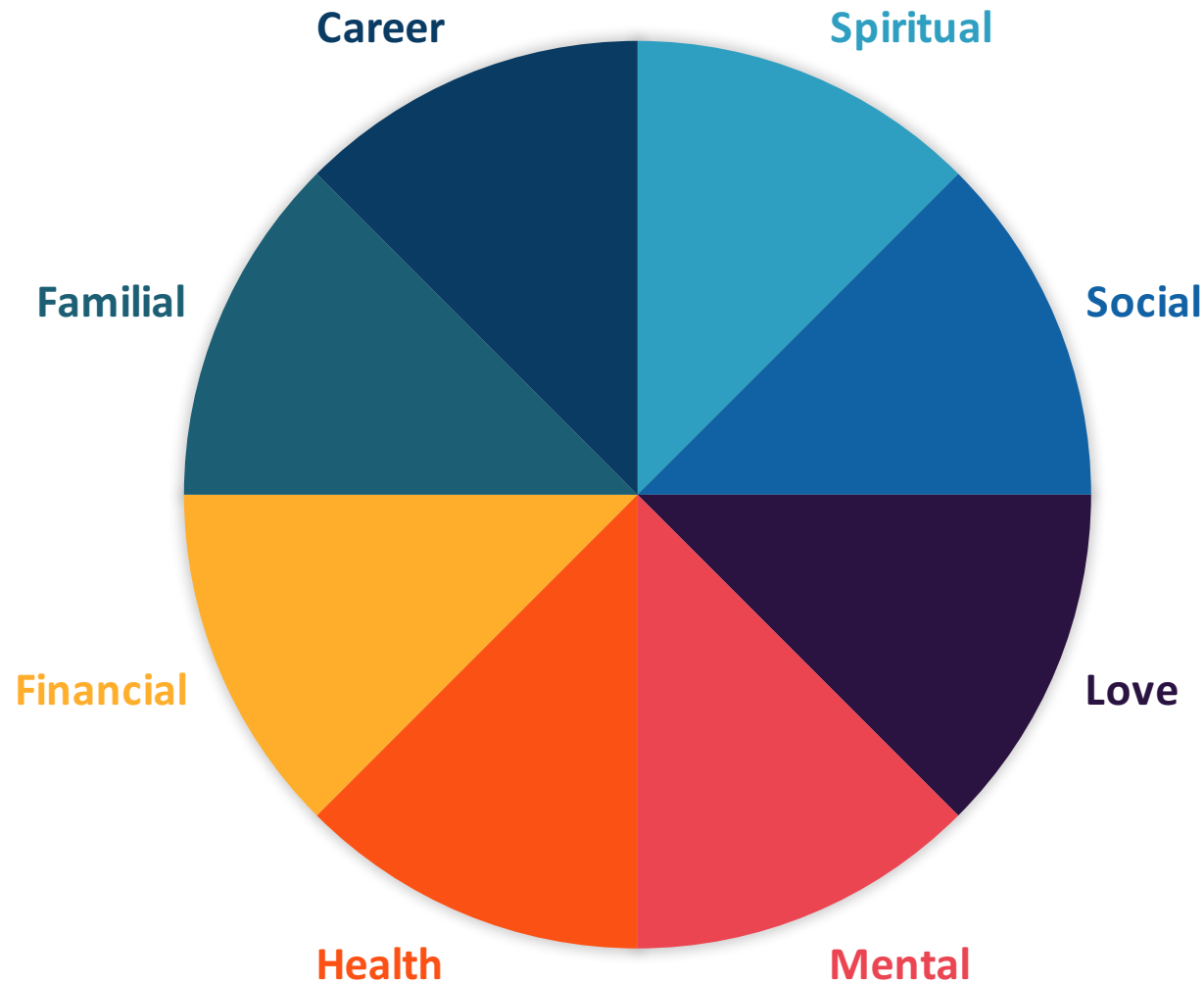
We have two basic goals now:

1. To achieve balance across all the 8 elements
2. Increase your overall 'VIP' score

Divorce, financial breakdown, emotional trauma, mental health problems and illness are all long term consequences of being off track for too long. So we create both a preventative and a maintenance program.

It means you can regulate your life balance and not be caught with your pants down in the future.

Treat Yourself as a Total Human Being – VIP SCORE



Score yourself

0 is at the centre
10 is the outer edge

The score represents where you perceive you are at, relative to where you'd love to be at.

Add Scores total is your personal VIP score

