



Drive By Positivity - Taking Control of Your Wheel Of Life

Reclaim Your Moxie™

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Drive By Positivity

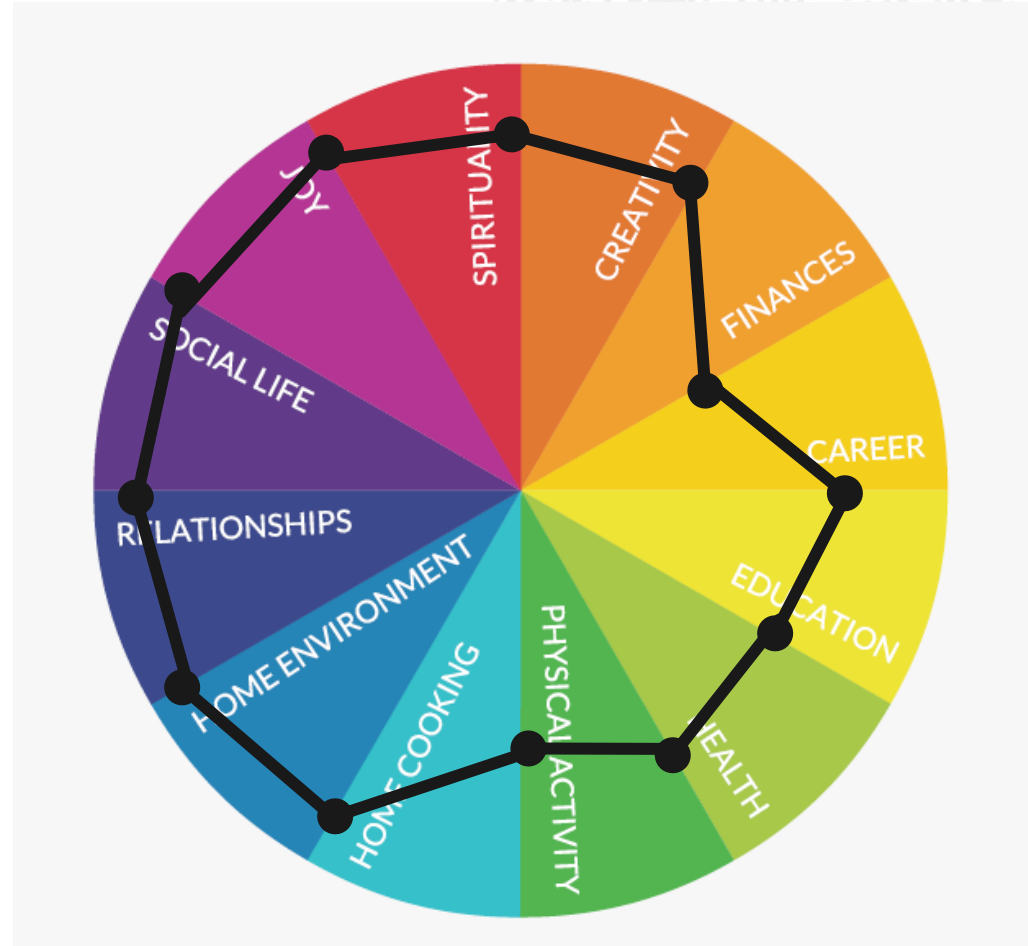
Take Control of Your Wheel of Life

- ▶ The My Life Wheel is a short activity to show where in your life you are strong, and where you may need to spend a little more time and effort.
- ▶ Practicing exercises like the Life Wheel on a regular basis helps to stay on top of life balance, allowing you to reduce stress and overwhelm, or worry about fixing everything all at once.
- ▶ We will then discuss a few short positivity tools that you can utilize to start planning your goals for more life balance.

Circle of Life

What Is It? How Do I Use It?

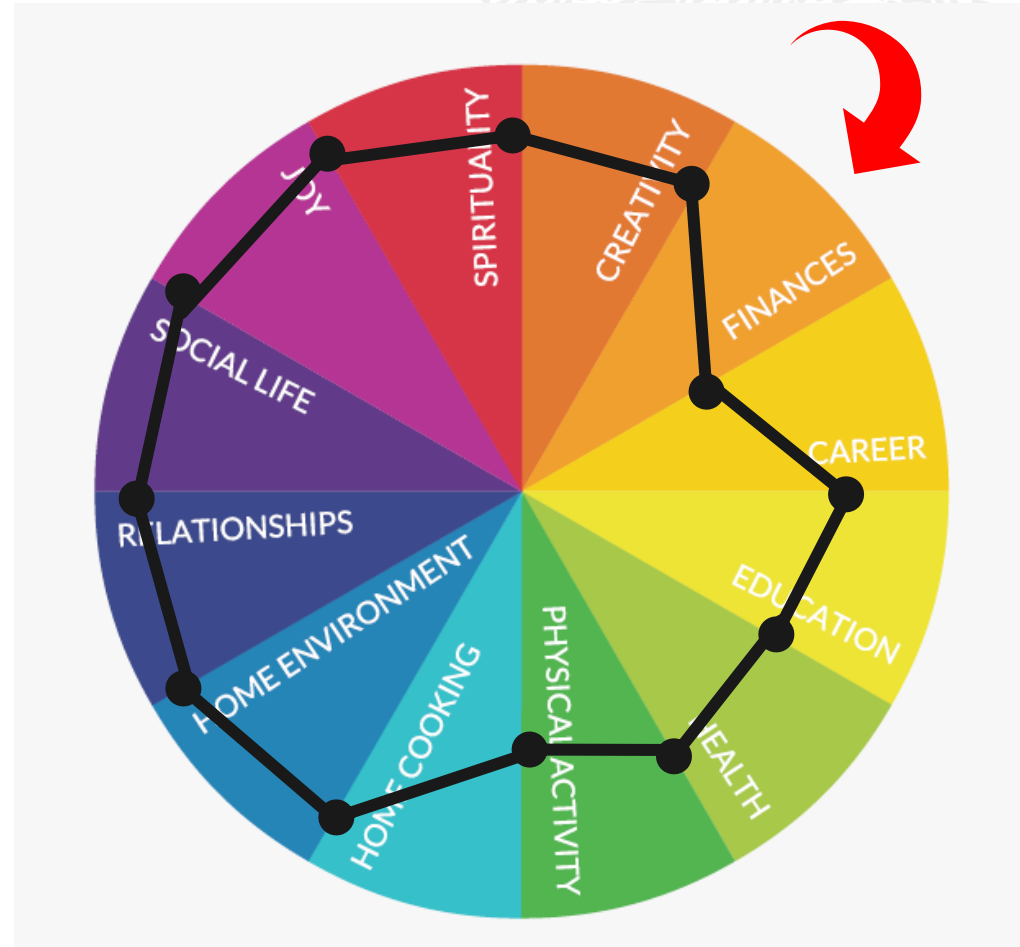
- 12 Slices of Life Pie
- Connect The Dots
- Balance Your Wheel
- Use Authentic Positive Influence



Circle of Life

What Do I Do Now?

- Looks like my Finances could use a little help
- What can I do to make that more balanced and satisfactory in my life?
- Use Positive Influence
- Who Can Help Me



Circle of Life - Positive Next Steps

▶ **What is it about this pie slice I want/need to change?**

▶ *My finances!*

- I want to save more for my future and retirement.
- I need to stop spending on unneeded items.
- I need to sell unwanted items.

▶ **Who can help support me with this change?**

- Me! - Stop spending needlessly. Put more into savings. Put more into my 401K.
- My family - learn to do things without having to spend a lot of money to have fun. Look at the family budget to see where we may be able to save.
- My friends - visit and cook for my friends instead of going out for expensive dinners
- Financial Advisor

▶ **What resources will I need?**

- My job
- Better education on retirement
- Bank account
- Investment account
- A change mindset

▶ **What is my plan?**

- SMART Goals in place
 - ▶ Specific
 - ▶ Measurable
 - ▶ Achievable
 - ▶ Relevant
 - ▶ Timeline

Circle of Life - Positive Next Steps

▶ What is it about this pie slice I want/need to change?

▶ *My finances!*

- I want to save more for my future and retirement.
- I need to stop spending on unneeded items.
- I need to sell unwanted items.

▶ What positive things can I do to change my mindset about my finances (or any of the pie slices)?

- Look for opportunities instead of seeing roadblocks.
- Recognize that every situation is fixable.
- See the value of asking for help.
- Accept that small steps add up to progress.
- Turn your attention away from what's wrong and focus on opportunities for success.
- Determine your actions and results when managing the situation.

Circle of Life - Positive Next Steps

▶ Who can help support me with this change?

- Me! - Stop spending needlessly. Put more into savings. Put more into my 401K.
- My family - learn to do things without having to spend a lot of money to have fun. Look at the family budget to see where we may be able to save.
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- Financial Advisor

▶ Who are the positive influences in my life that can support me on this journey?

- Who do I know that can support me in a positive way (without shame or judgment)?
- What can I change in my life to have a more positive relationship with this situation?
- How does having a more positive mindset help me resolve this situation?

Circle of Life - Positive Next Steps

▶ What resources will I need?

- My job
- Better education on retirement
- Bank account
- Investment account
- A change mindset

▶ What are the positive resources in my life that can support me on this journey?

- Be confident and do what you know is right for you.
- Ensure you see the good in the challenge to get where you want to be. It makes the journey worth it.
- Educate yourself.
- Surround yourself with authentic positive people and places. Toxic positivity is a very real thing and can do more harm than good.

Circle of Life - Positive Next Steps

- ▶ What is my plan?
- ▶ How can I create a positive plan that I know I can sustain?



Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIMELY
What is your goal?	How will you keep track of your progress?	How will you achieve your goal? Make a plan!	How will this goal help you?	When will you achieve this goal?

- SMART Goals in place

- ▶ Specific
- ▶ Measurable
- ▶ Achievable
- ▶ Relevant
- ▶ Timeline

S My goal is: _____
e.g. To drink more water! I will aim for 6 cups per day

M I will track my progress by: _____
e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner

A I will achieve this goal by doing the following: _____
*e.g. 1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hours*

R This goal helps me because: _____
e.g. This goal will help me to be healthier, have more energy, and help my skin

T I will complete this goal by (date): _____
e.g. I will achieve my goal by February 15th

Drive By Positivity

Take Control of Your Wheel of Life

- Use the Circle of Life regularly.
- Use the previous steps to create a positive mindset and goal around what you want to achieve to make your Circle of Life more balanced.
- Focus on ONE area at a time. Do not overwhelm yourself by tackling all pie slices at once.
- Give yourself grace. Know that elevating pieces of your life takes time.
- Reach out for support.