

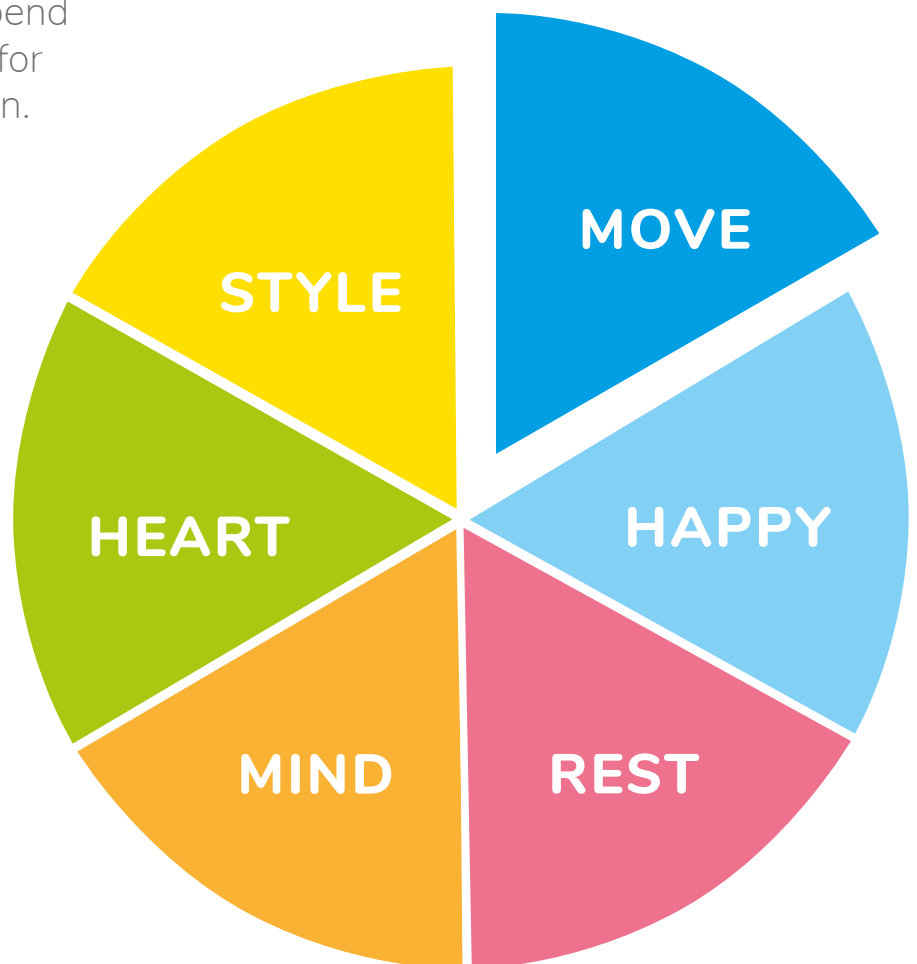


THE SUPER COLOUR WHEEL

Looking for a 25 hour day to get everything done? You may be surprised to find that you don't need an extra hour, you might just need a few tweaks to your current schedule for a much more super life!

introducing the super colour wheel™

Think about the six super pillars which make up Super Life: Super Style, Super Move, Super Happy, Super Rest, Super Mind and Super Heart. You may be wondering how on earth you'll be able to apply them all; especially if your life is already so chock-a-block you spend most mornings running for the bus with one shoe on.



A time managed, balanced life should ideally allow you the room to do what needs doing most without sacrificing your favourite bits. The first thing you need to know is just how you are currently spending all your time.

THE SUPER WHEEL

Enter the Super Wheel. By looking at your Super Wheel results you can gauge just how 'in balance' your life really is then tweak it into happier shape. Basically you just fill in the Super Wheel timetable based on the SuperLife categories above, i.e. what you spend your time on in an average week, then colour code to match. Sample A was filled in by one of our test studies.

the super wheel timetable[©]

SAMPLE A:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	SLEEP	SLEEP	MUM TAXI	SLEEP	MUM TAXI	SLEEP	SLEEP
7AM	HOUSEWORK	PARENTING	HOUSEWORK	PARENTING	HOUSEWORK	ACCOUNTS	SLEEP
8AM	PARENTING	HOUSEWORK	WORK	HOUSEWORK	WORK	ACCOUNTS	PARTNER TIME
9AM	MUM TAXI	WORK	WORK	WORK	WORK	WORK	MUM TAXI
10AM	KIDS SPORT	WORK	WORK	WORK	WORK	WORK	KIDS SPORT
11AM	KIDS SPORT	WORK	WORK	WORK	WORK	WORK	KIDS SPORT
NOON	KIDS SPORT	WORK	WORK	WORK	WORK	WORK	KIDS SPORT
1PM	MUM TAXI	WORK	WORK	WORK	WORK	SHOPS	MUM TAXI
2PM	HOUSEWORK	WORK	WORK	WORK	WORK	SHOPS	SHOPS
3PM	GROCERIES	WORK	WORK	WORK	WORK	WORK	BEAUTICIAN
4PM	HOUSEWORK	WORK	WORK	WORK	WORK	WORK	EXERCISE
5PM	PARTNER TIME	HOUSEWORK	MUM TAXI	HOUSEWORK	MUM TAXI	PARTNER TIME	PICK UP
6PM	PARTNER TIME	HOMEWORK	EXERCISE	HOMEWORK	EXERCISE	SOCIAL	RELAX/FAMILY
7PM	HOUSEWORK	RELAX/FAMILY	HOUSEWORK	RELAX/FAMILY	HOUSEWORK	SOCIAL	RELAX/FAMILY
8PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
9PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
10PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
11PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SOCIAL	RELAX/FAMILY
MIDNIGHT	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
1AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
2AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
3AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
4AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
5AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP

SHE THEN MADE OBSERVATIONS ABOUT EACH CATEGORY:

1.

MOVE:

I would like to go for more walks with my dog
2.

HAPPY:

I spend a good amount of time with family, but need more affirmation and gratitude so I'm going to start doing the Everyday Happiness Secret (EHS) (see page 97)
3.

REST:

I get enough sleep, but would like to have meditation breaks at work
4.

MIND:

Way too much here - I am going to make a family roster for housework!
5.

HEART:

There's a lot of give to the kids but maybe I need to give a bit more time to hubby. Schedule a regular date night?
6.

STYLE:

I need more time here - I'd like to sort my wardrobe out then make my home more stylish!

OUR TEST SUBJECT THEN FILLED IN A NEW TIMETABLE, PLANNING HER TIME TO BE MORE BALANCED:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	SLEEP	SLEEP	MUM TAXI	SLEEP	MUM TAXI	SLEEP	SLEEP
7AM	HOUSEWORK	PARENTING	HOUSEWORK	PARENTING	HOUSEWORK	ACCOUNTS	SLEEP
7.30AM	EHS	EHS	EHS	EHS	EHS	EHS	EHS
8AM	PARENTING	WORK	WORK	WALK DOG	WORK	ACCOUNTS	PARTNER TIME
9AM	MUM TAXI	WORK	WORK	WORK	WORK	WORK	MUM TAXI
10AM	KIDS SPORT	WORK	WORK	WORK	WORK	WORK	KIDS SPORT
11AM	KIDS SPORT	WORK	WORK	WORK	WORK	WORK	KIDS SPORT
NOON	KIDS SPORT	REST/MEDITATE	REST/MEDITATE	REST/MEDITATE	REST/MEDITATE	REST/MEDITATE	KIDS SPORT
1PM	MUM TAXI	WORK	WORK	WORK	WORK	SHOPS	MUM TAXI
2PM	WARDROBE	WORK	WORK	WORK	WORK	SHOPS	SHOPS
3PM	STYLE HOME	WORK	WORK	WORK	WORK	WORK	BEAUTICIAN
4PM	WALK DOG	WORK	WORK	WORK	WORK	WORK	EXERCISE
5PM	PARTNER TIME	FAMILY HOUSEWORK	MUM TAXI	FAMILY HOUSEWORK	MUM TAXI	PARTNER TIME	PICK UP
6PM	PARTNER TIME	HOMEWORK	EXERCISE	HOMEWORK	EXERCISE	SOCIAL	RELAX/FAMILY
7PM	HOUSEWORK	RELAX/FAMILY	HOUSEWORK	PARTNER TIME	HOUSEWORK	SOCIAL	RELAX/FAMILY
8PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
9PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
10PM	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	RELAX/FAMILY	SOCIAL	RELAX/FAMILY
11PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SOCIAL	RELAX/FAMILY
MIDNIGHT	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
1AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
2AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
3AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
4AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
5AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP

She has only made small changes but already her life looks less ‘hard’ and more focused on happiness.

now it's your turn...

the super wheel timetable[©]

COLOUR CODE YOUR SUPER WHEEL TIMETABLE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
NOON							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							
MIDNIGHT							
1AM							
2AM							
3AM							
4AM							
5AM							

WHAT DID YOU OBSERVE ABOUT EACH CATEGORY?

1. MOVE:
2. HAPPY:
3. REST:
4. MIND:
5. HEART:
6. STYLE:

NOW COLOUR CODE A NEW TIMETABLE TAKING THESE GOALS INTO ACCOUNT:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
NOON							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							
MIDNIGHT							
1AM							
2AM							
3AM							
4AM							
5AM							

This is great exercise to do whenever you feel out of balance and tempted to run away to a desert island. Put it on the fridge and try to stick to it as much as possible, always allowing for extra fun and spontaneity too!

This is all about living a SuperLife, after all.