**MindOverMatter**

**Different Life Wheel Shapes**

**1. A constricted web with low scores on most fronts.**

This reflects you’re facing a lot of limitations – which are more self-limitations than anything. If you don’t do anything about this, you’ll keep drifting until your life eventually caves in. This is also the day when people suddenly wake up and realize they are not enjoying their life.

But I’m sure you don’t want to wait for that day to come. If you have a constricted web, your immediate step should be to select your priority areas and take action on them

**2. A lopsided web that’s high on some areas but low on some.**

That’s great – you’ve made good headway in some areas. However, you’ve neglected other areas in the process. As we’ve learned, all 11 areas are essential to living your best life. Neglecting any of them only limits your life experience in the long run.

First, mark out the 3-4 areas in which you’re severely underperforming in. Understand why that’s the case. What can you do to bring them back up? Next, identify how you are going to maximize them asyou continue to do well in the high scoring areas. We don’t want to neglect the high scoring areas just to bring low scoring areas up – That will just be switching from one problem to the next! The long-term, sustainable solution is to form a plan where you can maximize all areas together.

**3. A broad web with general high scores.**

This means you’re doing very well! Congratulations!! At the same time, there’s always room to maximize your life. How can you bring it a notch further and max out all your scores to a full circle?

**4. A complete circle with full scores.**

The ideal life. I see full 10 scores as an ideal to work towards, not a final state. That’s because there is always room to be better. Whenever we get to a 10, we can always find new ways to make it better. This is the beauty of life – there are no limits! What 10 means to us now will be different in a different time. We are the ones who define our limits.

One common misconception people have with the life wheel scores is that low scores represent unhappiness. This can’t be further from the truth. The gaps between our scores and full 10/10s reflect opportunities to grow, *not* unhappiness. If someone has 9s and 10s, the person is either (i) doing supremely well or (ii) unaware of the possibilities in his/her life – usually the latter than the former, simply because there is infinite potential for betterment in life.

A possible trap someone with 9s/10s will face is a perpetual state of non-growth (because he/she is very contented with the present state). How do we address this then? A simple method is to multiply what you have in your life now (achievements, wealth, productivity, fitness level, quality of your relationships, etc) by a factor of 5 or 10 and ask yourself whether you prefer the magnified scenario or your current one. If you reply the former, you got your answer.

Does it mean that it’s impossible to get full 9s/10s then? Not quite. The 10s represent our highest vision of where we want to be – from our current state. As long as we constantly breaking new grounds and grow, we can perpetually remain in the 9s/10s. This is also known as being in the state of flow.