

Steering Wheel of Life™



Life

Mind, Body & Soul

Financial, Career, Spiritual, Relationships, Lifestyle & Philanthropy

See, Feel, Know, Have, Do & Be

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The Strategy for Your Life™ Program



The banner features a large wooden steering wheel on the left and the LifeLongU logo on the right. The central text reads "LifeLongU™" in a large, bold font, with "SELF DEVELOPMENT | LIFE PLANS | COACHING" underneath. Below this, five book covers are displayed: "Personal Development Pathways™", "Strategy For Your Life™", "My Life Long Plan & Story", "Bucket List of Ideas, Goals & Plans", "A Self Discovery", and "My Journal". Each book cover includes the LifeLongU logo and a small image related to the book's theme.

LifeLongU™

SELF DEVELOPMENT | LIFE PLANS | COACHING

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Let's Choose Our Path

How prepared were U for life when U left your parents' home and went out on your own? Maybe U went to college first, then out into the world, or maybe U went right into the workforce and started earning a living. How did U want your life story to go back then? I would guess that U have learned a lot about life and about yourself since then. Do U wish U had taken a little more time to think about your future and plan a few things before starting out?

What we want to help U achieve by going through this workbook is to really think about what U want your life story to be in your future, look at some pathways that interest U and then learn more about them. The company I founded, LifeLongU™, creates and distributes books, workbooks, videos and workshops which are designed to help U develop yourself into the person U want to become by helping U define who U will be as the main character in your own life story. We realize that everyone is on a path in life, but maybe not a path that includes continual self-development and improvement on the way to becoming a better person and learning to do things they may not yet be able to do. This takes planning, usually some education or training and also some specific action. Going through any of the LifeLongU™ programs is taking action. It is U educating yourself on how to plan your tomorrow and your future life. It is your first steps to becoming the person that will do the things your main character in your life story does and working on a plan to become the person who does them. It is educating yourself on how to plan your tomorrow and your future life story. It is your first step to becoming the person who will do the things that the main character in your life story does and working on a plan on what to do. It is taking action, deciding on the better paths U want to take and moving in those directions.

Will U become the main character in your life story after going through one workbook, probably not. But it may be your first step. To become that person, U need to take more steps and U need a direction to go. Right now, U may be at the "crawl-walk" stage of your life planning. Everyone starts moving forward by learning to crawl and walk, right? Then they learn how to run, then to drive and maybe even to fly. There is a first step U need to take. Crawl, then walk, then run, then drive, then fly. When U learn and put into practice all U can, U will go farther and faster than ever before. Who knows what your true potential really is in your life or in what stage U reach it?

This workbook was created to help U become aware and to think about some of the things U may want in or for your own life and to provide some additional ways to learn even more about yourself from other individuals. Learning more about the different topics

will help U become better prepared for your future. Many individuals have been introduced to different opportunities throughout their lives. The more skills they have or the more prepared they are to act on those opportunities, the better off they may be in their future. We want to help U be prepared, to have a plan and to work your plan. Things will come up, and some rain will fall, but by having a plan and communicating that plan to your loved ones for their support as U work through it, U should be able to weather



Gary J. Kiecker
Founder, LifeLongU™

any storm and bring more sunshine into your days. It might sound a little hokey, but it really is that simple. Understanding where U want to go and how to get there, learning as much along the way as possible and allowing others to help U is part of life planning, and it all begins with a first step in the right direction.

Part of the life planning process is to simply walk through the many areas U will undoubtedly go through in your own life. U will work and have a career, and U will have to deal with money, finances, health, and relationships. Hopefully, U will have a life outside of work — maybe some traveling, seeing new things, exploring the world and nature, or maybe developing new or strengthening current beliefs. If U haven't already, U will begin to fully understand the fulfillment U can get by helping others. U will also grow older, and, at some point, your life will come to an end and U will move on.

Having a life plan now will help U be prepared to face many more events in your life. It does not have to be like it was when U first left your parents' home. A plan effectively worked throughout your life will enable U to achieve much more than without a plan. U are going to live your life either way, so why not have some plans that help U become who U want to be in your future. Be that main character in your own life long plan and story and reach your full potential. Decide on who that main character will be, pick your directions to go and take your first steps.



Steering Wheel of Life™

There are several ways to live your life when it comes to growth and self-development. The first requires only that U exist in it. By that, I mean U do what is necessary for U to get through your days — work, eat, sleep, and maybe entertain yourself by watching something on a screen, eating out or traveling to chase away the doldrums that can come from not developing yourself and reaching towards your full potential. U might keep somewhat informed about community and world events by reading the paper or watching the news, and as a result U believe that U are knowledgeable about things that are happening and that U are living your life to the fullest. This is not necessarily a bad way to go through life; however, this approach can cause U to miss many opportunities for growth. And make no mistake about this: everyone's life is full of opportunities. But U must see and recognize them and also be able to act on them. An approach to life that causes U to miss opportunities can be very limiting to true life fulfillment and happiness.

The second way U can live your life is to get fully involved with reaching your true potential. U can take time to become aware of U, your surroundings and the path U are on and then periodically ask yourself these basic questions:

- ◆ How can I become a better person?
- ◆ Do I know what a future me could really become or do?
- ◆ Just how do I want my life story to unfold?
- ◆ Do I have a plan for this to happen?
- ◆ Am I working that plan?
- ◆ If I stay on my current path, where will it take me in 5 years, in 20 years or over my lifetime?

Taking action, being proactive and making plans for what U want from your life creates motion and momentum. When U are moving forward towards a certain destination, growing and becoming someone new, U certainly need something to steer with. That is what the Steering Wheel of Life™ created by LifeLongU™ is intended to do for U. It provides the necessary instrument U can use to guide yourself as U become aware of who U really are and journey towards becoming the future U in your life story.

All the workbooks and programs that are created by LifeLongU™ are developed around the

“Steering Wheel of Life™”. It focuses on the following components:

Life - is at the center focus of the Steering Wheel of Life™, and for good reason. This is your life, U live it, U are in it, and U experience all the good and the not so good of it. It has a beginning and an end, and in between is your total time alive. Your time alive is experienced in what we call “NOW”. What U do “NOW”, this very minute, impacts the next minute and possibly all the remaining minutes of your life. U want to be sure to get it right, don't U? There are a variety of ways that each of these minutes can be spent for each of us. We must choose wisely.

Life is at the center hub of the wheel, where U are making decisions about what direction your next minutes will take U. These life decisions on which direction will create certain opportunities and life experiences that will make U into the person U will become in your future. The decisions U make today, this next minute, affect what your tomorrow will look like. Who do U want to become in your future is a big life question. The fact that U might have made a few poor decisions or missed a few opportunities in your past and ended up where U currently are does not mean U have to stay there. U can decide to make new decisions, and change your direction towards a new destination and future U. This is your life story. How do U want it to go?

See yourself becoming several different people in your future as U move through your life. Is there a world traveler U? Maybe a family U? What about the U that writes great novels, plays a musical instrument or speaks five languages? What about the U that helps others in dire need of help? Many people need food, housing, and medicine and U can be there to help if U so choose. The future U has many options, and all U need to do is pick a path and walk down it. Your life is what U make of it, and making the most of it, takes a plan.

Consider these three very famous life examples: JK Rowling, Michael Jordan and Ronald Reagan. All of them had a prior life, an identity representing who they were or an impression of who the world saw them as being. But that did not stop them from becoming a different type of character in their lives. JK Rowling was very poor, but with discipline and a decision to change her path she was able to write the now-famous Harry Potter books. Michael Jordan was a tremendous



basketball player and saw himself as a baseball player, which took some planning and a major change of directions. Ronald Reagan was a successful actor who went on to be a great president, which really took some planning and action. As U can see from these examples, a different U is possible. A different life can be designed and lived by U, but it takes an awareness of where U currently are and what U want your tomorrow to be like, and it takes planning.

Mind, Body & Soul - together, these three make up the inner circle of the wheel and the core of U. U live a life, but U are made up of a combination of your mind, body and soul. U are your life story's main character. As it's main character, what U do with yourself, what U put into your body and mind and how U treat yourself can have a huge impact on your quality of life and will literally shape who U will become as the main character in your future life long story.

Your mind was created for learning and for thinking. The more U feed it, the more opportunities U will be able to recognize. Many people stop or slow down their learning after they complete their required education in the early years of their life. However, at the early age of 25 or younger, most individuals have not fully matured yet. There is nothing wrong with that; it just is a part of life. They may not have yet experienced many of the things life has to offer each of us — some good and some not-so-good. The mind is a terrible thing to waste; feeding it regularly on a variety of topics that interest U and exercising it by thinking about them will benefit your future U greatly. Make sure those topics are the right topics for U, which may take some thought and planning.

Your body is very different from your mind. It is made to do physical things, to engage in activity and movement and it is there to be the vessel for your mind and soul to reside in. It also needs frequent feeding, and taking in the right food will produce an abundance of energy for U to use as U see fit. If U don't use that energy, it turns to fat for U to carry around, which is not a good thing. Your body should be efficiently utilizing the right amount of calories (energy) each day that U need for U to do what U want to, no more, no less. Your body needs exercise to perform at its best and to burn off excess fat. The better physical condition U are in the more U can expect from your life. Zig Ziglar, an author and

motivational speaker, once said that U enjoy the benefits of being healthy. We also believe this to be true. The healthier U are, the more opportunities U will be able to act on, if U so choose. Practicing discipline, eating right and exercising frequently will allow U to enjoy many benefits U may not otherwise be able to enjoy. This too takes planning and discipline.

Your soul is also very different from your mind and body. It can be viewed as your spirit or your life-force and it is certainly a part of U. It is hard for humans to understand what the soul really is, since we cannot see it or touch it, much less study it. However, the Bible speaks of it often in passages like Deuteronomy 6:5: "Love the Lord your God with all your heart and with all your soul and with all your strength". This verse clearly separates and calls out the soul as a distinct part of each of us. The soul is something we are each born with, just as we are born with our minds and our bodies. I personally view the soul as my connection with God for all time. I believe it existed in some form before I was born and I believe it will exist after I die. Jeremiah 1:4-5 states: "Then the word of the Lord came to me saying: Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations". This passage clearly shows that God knew Jeremiah before he was even conceived. Ecclesiastes 12:7 states: "Then the dust will return to the earth as it was, and the spirit will return to God, who gave it". Again this shows that the spirit (taken in context to mean soul), starts out with God and ends with God. This is the spirituality we speak of in the LifeLongU™ workbooks and programs — a spirituality that helps U to build a deeper connection with God and allows your faith, which also comes from God, to grow. This is the food your soul needs. Like the body and the mind, U should also have a plan to feed your soul.

Life Categories - the outer circle of the Steering Wheel of Life™ is divided into six main categories, each of which is important in its own right. Taking time to understand and develop yourself further within each life category will broaden your knowledge base and your self-awareness and should lead to a more fulfilled life by helping U create the life story U want for your life. Understanding where U are now in your current life and where U want to go in your future life is needed for U to actually get there.



Financial: this life category is about developing knowledge around everything related to your money and finances. It includes building a solid understanding of how to budget, manage your expenses, right-size your living costs, reduce debt, plan for large purchases, manage investments, get professionals involved when needed, and plan for retirement, wills and much more.

The financial life category covers a wide spectrum of self-development possibilities for your financial awareness so U can work towards developing, setting and achieving your financial goals.

Career: this life category deals with what U want to do in life. A career can be something U feel passionate about or it can be simply your job. A "J O B" is what U do each day to earn a wage for the value U provide an employer giving U income to pay for your style of living costs and maybe a little extra. If U work on developing a career, U will work towards developing skills, abilities, knowledge and experience in a particular field or industry and continually advance the amount of value U provide an employer and subsequently become more valuable which increases your earning potential. The closer U can match up your career to who U really are, your personality, the happier U will be doing the work U do every day. Over your life U may be able to do many different things, and that is great. Understanding what education is needed and what career path U may want to take in future years, gaining experience, marketing yourself, networking and maybe even working for yourself are topics U can consider developing within this life category.

Spiritual: this life category is one of the most personal life categories a person can have and is also one of the six life categories on the Steering Wheel of Life™. The spiritual side of each of us tends to be very private. It resides deep inside each of us and is wrapped tightly around our own inner beliefs and values. For Christians, it involves a journey each of us should be undertaking that includes developing peace of mind through prayer and meditation and ultimately a religious connection of faith, with God, our creator and His son, Jesus Christ. Excluding this one life category would be doing yourself a large injustice, as U can never fully reach your full potential if U do not acknowledge and develop all areas of who U are. Your life long plan and story needs to include spiritual growth.

Relationships: this life category involves a lot of

emotion. A relationship, or how each of us connects or relates to another person, is felt strongly in all areas of life including mind, soul and body. From a very close relationship comes love, one of the most powerful feelings a person can have. One might say that the purpose for establishing a relationship is to develop a form of closeness, which in time might turn to a form of love shared with another person, whether U choose to call it love or not. I am not talking about a sexual kind of love, although that might develop as well, but one of a certain level of closeness depending on the interaction and type of communications between two people. This kind of relationship is typically called friendship. The different relationships a person can have are many and can become very complicated. Close relationships require frequent effort on your part or they may fade away. People are social beings and need others in their lives to interact with and share their life's journey with. Your life plan and story should include all types of relationships at many different levels.

Lifestyle: is another important life category on the Steering Wheel of Life™. What type of lifestyle do U have now? Do U even consider your life to have a style? Your lifestyle is a representation of how U have chosen to spend your time. Do U sleep 8 hours, work 8 hours and have "U" time for 8 hours? That is one 24 hour day. What do U do with your "U" time? Having a younger family at home, kids away at college or no children will impact your lifestyle dramatically. The type of home and its location and views reflect your choice of lifestyle, as do the type of car U drive, the clothes U wear, how often U travel or work out, whether U read or continue developing yourself or watch TV each night. These are all reflections of your lifestyle. Is this your chosen lifestyle, or did it just develop that way? The lifestyle category represents how U are really experiencing life, and U should choose and plan your lifestyle accordingly. How do U want to live your life? This is a big question and requires time for contemplation, planning and then action to make changes happen.

Philanthropy: is all about the welfare of others. We all have something to give others in some way. Deciding what that is and planning how we can help others by donating something to them is what philanthropy is all about. This category usually requires U to put thought into what U can give and how best to do so.



There are many causes in the world in need of your donations of effort, things, knowledge and money, and deciding how best to make your donations requires U to think and put a plan into action. Giving creates an atmosphere of gratitude jointly produced between the recipient of the gift and also from the giver. To give truly is a “win-win” scenario. Spend the time and develop your plan to add philanthropy to your life story, making it a winner.

Actions - the Steering Wheel of Life™ also includes six action handles on each wheel to help U take hold of a life category and pick an action U want to apply towards achieving any specific goal U want for your life story. The actions help U think about what U really want to experience or get from your journey while working in any life category on a goal. U can use all six actions when working on any goal; in fact, we advise U to consider doing just that.

See: the beautiful sights that exist in the world are meant to be seen. Taking action and seeing as many as possible is in itself a worthy goal for your lifestyle category. The action of seeing is one of your five senses and should not be taken lightly. Visually seeing something combined with the ability to recall it and imagine new variations of it helps to develop our creativity, allowing us to come up with new ideas. Visually imagining your ideas in your mind of how something should or could look like is very powerful. Look at each life category and create a vision of how U will look after accomplishing your goals. What will the future U, in your vision, as the main character in your own life story, look like?

Feel: this action is also one of your five senses. However, just as with seeing, U can feel in two ways. U can feel an object — that is, to touch with a part of your body — but U can also feel things with your heart, which is a very different kind of feeling than to actually touch something. This action can cause such dramatic emotions about the different things we encounter or experience in your daily lives. This is one action we all would like to control more than almost any other. The emotions we feel are not always pleasant and can be relived with only a thought. When positive, they can create such happiness throughout your entire life that they need to be part of your action plans and goals.

Know: learning or knowing is also on the Steering Wheel of Life™ as an action. To continually

be a life long learner is to open new doors to new ways of thinking. Google estimates that there has been about 130 million different book titles published so far in the world today. That provides us with quite a selection to read from and so much to know — choose wisely what U read. Not all of them will benefit your growing base of knowledge in a positive way. Thomas Jefferson was an avid self learner and seeker of knowledge, but he was also a tester of theories and ideas as an inventor. Knowledge itself is just information; putting the knowledge to good use is what we are striving for with this action. Don't just work on knowing something, but also practice and advance your knowledge as a skill. Working with your hands is also a kind of knowledge. There is a well-know adage that “knowledge is power”, but I would rephrase that to say “applied knowledge is power”.

Do: this little word can have such a major impact on how your life turns out, if U only follow its meaning and do the things U need to do. Doing is all action! It accomplishes things like no other action does. Doing something or not doing something, either could have major consequences on your future life, some positive, some negative. Doing, will create a new future U.

Have: to have or possess something is not simply about having something but, rather, about using those things U do have. It's not what U have that counts; it's what U do with what U have. As we all progress through life, typically we end up collecting things, and we might even get carried away to some extent. Collecting things and having some sort of odd emotional attachment to those things is not something U want in your life. If U find that U can't part with a thing, then U probably love it a little too strongly. When U do have things and are working to use those things (collected stuff, money, knowledge, networks, businesses, etc.) and use them to do good in the world, that is the action we are looking for here.

Be: this is another two letter word with plenty of punch in it. To be, is to exist, to live, and that can mean many different things to each of us. Being or existing can help us focus on the now. Our future dreams, goals and plans are important for us to be in the future, but being in our current reality is also very important. We are always in the now and we must make sure our now is what we want it to be and that takes some



Strategy For Your Life™

planning and action as well. Being in the moment to enjoy what is around U as well as being all U can be in your future are the two focuses of being. They go hand-in-hand and work together. U should develop your plan to enjoy your now, your next sixty seconds and your today, but also plan to enjoy your tomorrow and beyond.

All these components make up the Steering Wheel of Life™. The LifeLongU™ programs we develop and teach are all based around this wheel to help us steer our lives in the directions of our own choosing. We all have a life story to live, and by developing a strategic plan on how

we choose that story to go and applying certain actions in those directions, we will be able to accomplish much more than by doing nothing.



LifeLongU™
SELF DEVELOPMENT | LIFE PLANS | COACHING

Know who U really are
Have an understanding of your past
Feel & experience your opportunities now
See your future wants & desires of tomorrow
Do create a strategy for your life & head in the right direction
Be the main character in your “*Life Long Plan & Story*”

Steering Wheel of Life™

A Life Plan Can Be:

- ◆ The strategy for “why” U are doing something in your life...
- ◆ Your guide to help U stay focused on what’s important to U...
- ◆ Your created map providing direction for U helping U stay on your path...
- ◆ The benchmark U use to track your progress & results as U move forward...
- ◆ Your “to do list” reminding U of your next actions steps to take...
- ◆ The detailed vision on what your future life will look like...
- ◆ A tool communicating your priorities to U and to others which may change as U change...
- ◆ A collection of your wisdom on how to live life and can be left for others to learn from...
- ◆ A Life Plan is who U want to become and what U want your life story to be...



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