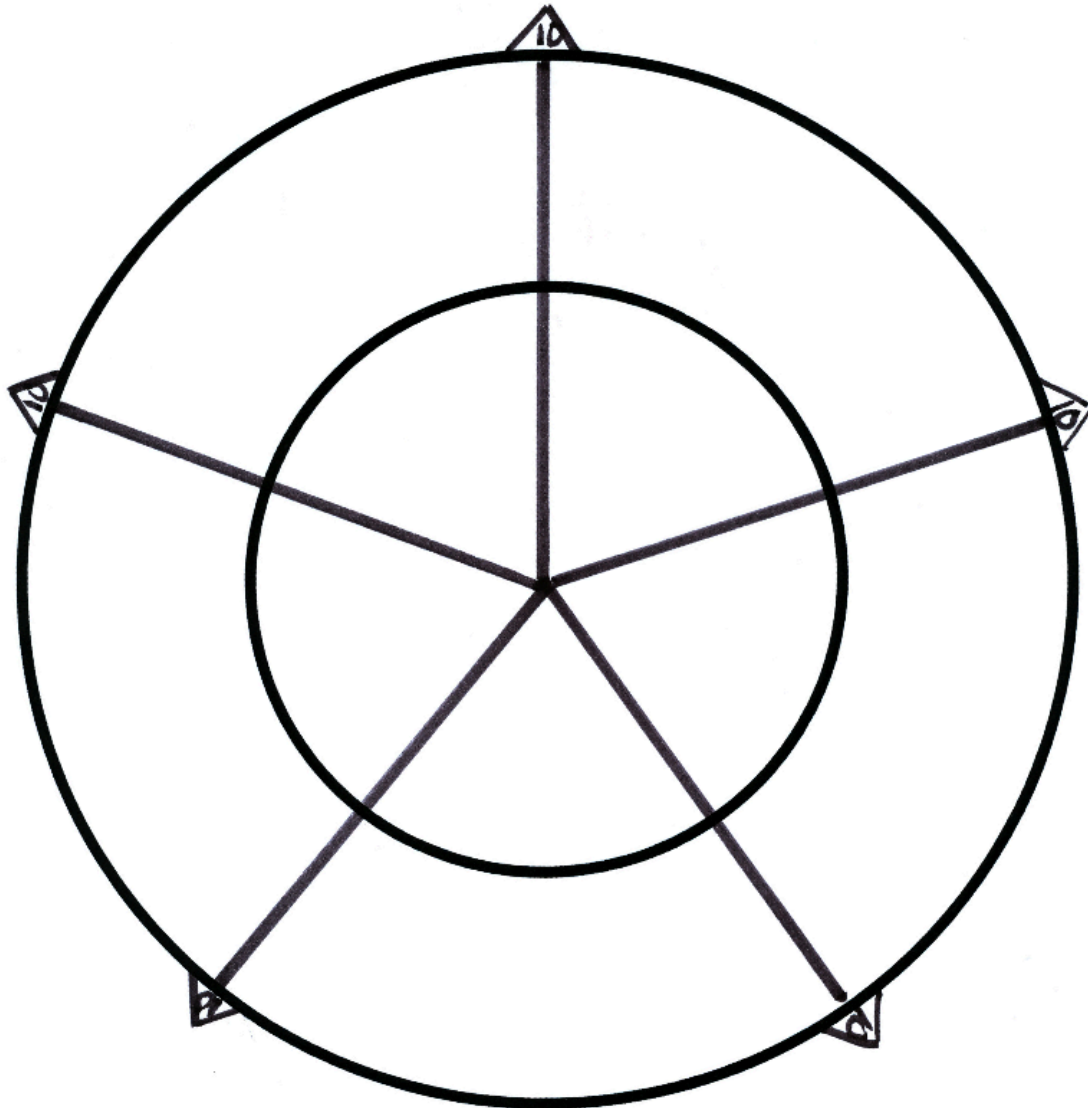


The time-waster wheel



Establish a visual picture of how you experience time-wasters in your daily life. The time-waster wheel is constructed according to the same principle as the life wheel, which you will read about in Chapter 5. The hub of the wheel is zero. The inner circle represents an evaluation of 5 and the outer circle is an evaluation of 10. An evaluation of 6 and above indicates a satisfactory situation. The closer you get to the outer circle and an evaluation of 10, the more content you are with the situation.