

TIME OF YOUR LIFE  
**LIVING A HEALTHY**  
& Happy life on your terms  
VOLUME I: PROGRAMMING YOUR GPS

WHAT DO YOU WANT?  
WHY DO YOU WANT IT?

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My name is Shawn Shephard, and I've been speaking for a number of years to a variety of different groups in the corporate world, not-for-profit organizations, individuals living with diabetes, and people looking for a career change. I think many speakers in a 45-minute session can activate or awaken something within people. But what I find that is often missing is the specific, tangible, real action steps that they can apply immediately.

It's not so much what we say while we're on the stage. It's what the participants take away and can be clear on what action steps they need to take to apply to their life. That has been a question that I've trying to answer for a number of years. How can I take the messages and inspiration that I share from the stage and make a real difference in people's lives?

The two things I found that happen when people do have these breakthroughs are, that they are clear on what they need to do. AND that they take immediate action. That's really why I'm writing this action guide. Even if you've never heard me speak, you can take the lessons and apply them to your life. The most important thing is to be clear and get started!

The last thing I'll say before we dive in, is that everything I'm going to share, I do myself. I think I'd be a phony or fraud if I didn't actually do what I'm teaching. Every single exercise I ask you to do, I've done myself and taken action with.

Before we continue, what I have observed when helping people succeed is the power of putting your thoughts down on paper. So, for the exercise described here, you will need a notebook (I go to my local dollar store) and your favourite pen.

Now that we have tools to begin; here's to stepping back to step forward. I strongly believe that we all need to take back a step and look at the horizon and where we want to go before we can step into what's possible.

# WHAT THE HECK DO YOU WANT?

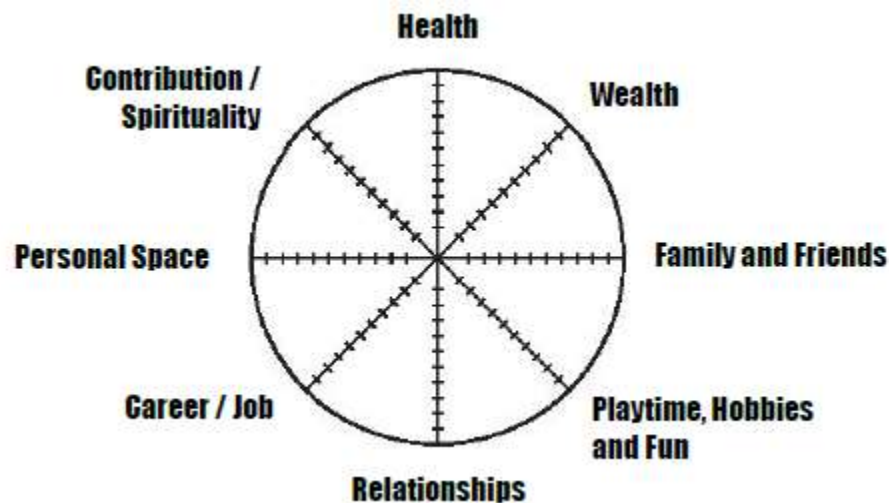
I always start with an analogy of the GPS navigation device, like the ones people use in their cars. The GPS only works if you give it two locations: a starting place (which the GPS figures out on its own), and a destination (where you want to go).

You don't get into your car and look at the GPS and say, "Okay, GPS, take me for a ride!" You need to program it with a destination – going from Toronto to Boston, for example. The GPS only works if it has those two locations: a starting place and a destination.

The beauty about the GPS is that it gives you direction. The nice thing about life is there's not just one way of getting to where you want to go. If you missed your turn with the GPS, a friendly voice will say, "Recalculate, recalculate!" Most things in life we do have to recalculate, sometimes many, many times – but as long as we're taking action towards what we actually want, then we will eventually get to our end destination (even if we took the "scenic route" to get there).

By far, the biggest thing that I see with people who aren't happy in their life, is that their unhappiness is mainly due to the fact that they haven't clearly defined what they want.

What I'd like to introduce to you is a simple life-changing exercise that was introduced to me a number of years ago with "The Life Wheel" (pictured below).



There are eight spokes to The Life Wheel:

- Health
- Wealth
- Family and Friends
- Playtime, Hobbies, and Fun
- Relationships
- Career/Job
- Personal Space (where you live, your home)
- Contribution and Spiritually

What's nice about The Life Wheel is that it gives you a snapshot or a bird's eye view of where you are today as you're sitting here reading this action guide.

What I'd like you to do right now is to grab your notebook and a pen and go around the wheel and give yourself a score between 1 and 10 for each one of those eight spokes. If your rating is a 1 on a particular spoke, that means it can't get any worse than this. If your rating is a 10 on a particular spoke, that means this is the very best it can be. The beauty of this exercise is it's our own personal definition of what a 1 and 10 is. You're not comparing yourself to anybody else or any other external expectation. The important thing is to be totally honest.

**Go around the wheel and give yourself a score between 1 and 10 for each one. Take a few minutes and do that now.**

Part one of The Life Wheel is figuring out where you are right now. Part two is where you want to go.

## WHERE DO YOU WANT TO GO?

Let me go back to that analogy of the GPS. Now that we have a direction, it's time to be more specific. We're not just going to a program our GPS to go from Toronto to Boston. What we really want to know is how to get from Toronto City Hall to Fenway Park.

Often friends and colleagues will ask me, "Can you meet me for coffee?" They want to get my advice on life or entrepreneurship. Maybe they want to start their own company.

If there is someone willing to do the work to help me themselves, I'm happy to meet them for coffee. At the end of all these coffee conversations – and I'll let you know, just in case we end up having one – I will ask them to do the two parts of The Life Wheel exercise.

The first part I just went through with you. The second part is not as quick as a one-minute exercise identifying where you are. I strongly suggest you budget one hour – maybe two to three hours – to complete part two. Personally, I do this exercise four or five times a year. I go to the library or a different environment.

The critical part for part two is you're taking those same eight spokes, but you're going to write out in graphic detail what a perfect 10 in each one of those spokes look like for you – a perfect 10 in Health, a perfect 10 in Wealth, a perfect 10 in Family and Friends, and so on.

We can't attain a goal that we haven't defined. We have to first identify what we want. I know it sounds very simple, but if you think of the analogy of going to a restaurant, you don't just say, "Hey, I'll order food". Then, when they bring you fish, but you don't like fish, you're left sitting there wondering why you are so unhappy with your food order. No, you actually take some time to look at the menu and decide what you want.

**Often we don't do this with our own life. I cannot stress how critically important it is to invest in you and do this exercise and define what a perfect 10 is for you in each one of those spokes.**

Sometimes after I have one of those coffee meetings, a typical conversation might sound like this:

Me: "Let me know after you've done the two parts of The Life Wheel. Call me back and we'll meet again"

Caller: "Hey, can we meet again for coffee?"

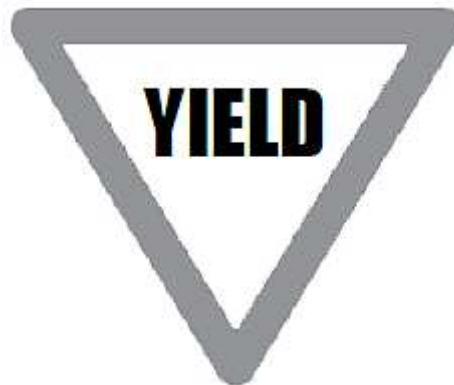
Me: "Did you do the two parts of The Life Wheel exercise?"

Caller: "Oh, well, kind of..." or  
"I haven't done it yet. I haven't had time."

Me: "Well, what did you do last night?"

Caller: "I watched TV. I watched American Idol," or  
"I watched Jersey Shore."

That's fine. But you've made a conscious decision that Jersey Shore and Snooki are more important than you and your life. It's absolutely important for you to put this book down. Don't even think of turning the page until you complete this exercise.



Today's date: \_\_\_\_\_

My Score on each spoke of the Life Wheel is:

<i>LIFE WHEEL SPOKE</i>	<i>SCORE</i>
Health	
Wealth	
Family and Friends	
Playtime, Hobbies and Fun	
Relationships	
Career/Job	
Personal Space	
Contribution and Spirituality	

## What Do My Perfect 10's Look Like?

Now it's time to dream, and write down in detail what a perfect 10 for each spoke looks like for you. Remember, we can't hit a target we don't clearly define.

**My Perfect 10 in Health includes:**

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**My Perfect 10 in Wealth includes:**

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**My Perfect 10 in Family and Friends includes:**

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**My Perfect 10 in Playtime, Hobbies and Fun includes:**

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**My Perfect 10 in Relationships includes:**

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**My Perfect 10 in Career/Job includes:**

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**My Perfect 10 in Personal Space includes:**

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**My Perfect 10 in Contribution and Spirituality includes:**

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# WHY DO YOU WANT WHAT YOU WANT?

Now that you have completed both parts of The Life Wheel exercise (you've identified where you are today, and where you'd like to be), the next part that is what is often overlooked in a lot of goal-setting programs and books: why you want what you want in each area of your life.

When you clearly define what you want and why you want it, look out! Because honestly, there's not much that can stop you when you are so closely attached to your reason why.

When your "why" is strong and clearly identified, that's what's going to give you the inspiration every day to get up and keep working towards your goal. Because no matter what your goals are and how elaborately you have described what those perfect 10s look like, there are going to be challenges. There are going to be tough days. But once you have attached to your "why", you can work through those challenges because you have that vision of what you clearly want.

A number of years ago, I decided to run my first marathon, and I ended up running two other marathons in support of the Canadian Diabetes Association. With marathon running, you're going to have your good days and bad days. It's a lot of work. I'm not going to sit here and lie to you. The actual race is 42.2 kilometres, but it could be six to nine months of training before. Getting up to 4:00 or 5:00 in the morning and running in the pouring rain or freezing cold is not a lot of fun. You need to be attached to your reason why.

In my first marathon, I remember I was about 35 kilometres in and I had been told by many people, "You're going to hit the wall" – the wall meaning that you can't take another step. You're so challenged because, even in the training, you've never run those last 10 kilometres. The longest training run is 32 kilometres.

And I did hit the wall in my first marathon. But 35 kilometres in, I honestly didn't think I could take another step. Every part of my body was sore and aching and pissed off at me. I actually took a couple of steps and I looked on the sleeves of my shirt.

On one sleeve were the initials of my mom who lived with Huntington’s disease, and she did everything for her kids. I thought about her and the strength and courage that she demonstrated her whole life. On the other sleeve were the initials of my wife’s aunt who lived with breast cancer for nine years, and went through various treatments all without complaint.

I thought about those two incredibly strong women, and I thought, “Shawn, if they gave everything they did in their life, the least you can do is run the last seven kilometres.” And I did. I won’t say I ran it, but I jogged it. I’ll never forget, I passed people who were half my size, half my weight and that had past me two hours before, and they were on the side of the road in pain and agony. It was so crystal clear to me. When you define what you want and attach it to your why, look out!

**Your action step here is to look back at your Life Wheel, and those perfect 10s, and take pen and paper and write out all the reason why you want what you want in every area of your life.**

## **ACTION STEPS**

Please review your perfect 10s answers and list the top 5 reasons WHY you want what you listed:

- 1.
- 2.
- 3.
- 4.
- 5.

## CONGRATS!!!

For investing in YOU and getting clear on what you want in all areas of YOUR life, and WHY you want them.

Seriously, it's an essential starting point to leading the life you want to lead.

It is, however, a starting point.

Please join me at [sugarfreeshawn.com](http://sugarfreeshawn.com) to catch the latest episode of The Sugar Free Shawn Show.

See you on our Facebook page!

## SHAWN SHEPHEARD

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SHAWN SHEPHEARD,  
STORYTELLER



Shawn Shephard is NOT a Big Deal, but he is a big fan of Will Farrell movies (love that scene from 'Anchorman'). He has never been on The New York Times Best Seller List, has never been featured in any award winning films, and is not a graduate of any Ivy League school. He's just a regular guy who loves sports, family and friends, laughter, his wife, presenting, and living life to the fullest... yes, with diabetes.

To find out more about Shawn please visit [sugarfreeshawn.com](http://sugarfreeshawn.com) (seriously, he needs the traffic).

*"Shawn Shephard has been the go-to person for advice for many long years in several key industries, and is relied upon by CEOs, key sales executives, non-profit executives, business owners, and leaders of all types."*

*"Especially when times are tough, or circumstances complicated, and you need something BIG done, Shawn has 'been there, gone through that' and can give you real-life wise advice about how to get there in a kick-ass way. If you're playing a big game, and want a great coach, get Shawn on your team. He will go to the mat for you."*

-- Andrea J. Lee  
CEO, Thought Partners International  
[www.wealthythoughtleader.com](http://www.wealthythoughtleader.com)

*"With the surgence of life coaches, life conspirators, life confidantes or whatever the term of the day may be, Shawn Shephard rises above the fray and frauds. Equal parts friend, advocate, enabler and life map translator, I am proof positive that building yourself up from the ground up is not only possible, it's waiting for you. Don't be fooled, he is not a magician, but if you are willing to take the ride of your life, he's got the keys."*

-- Nicole Ponseca, owner of Maharlika, NYC  
[www.maharlikanyc.com](http://www.maharlikanyc.com)



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