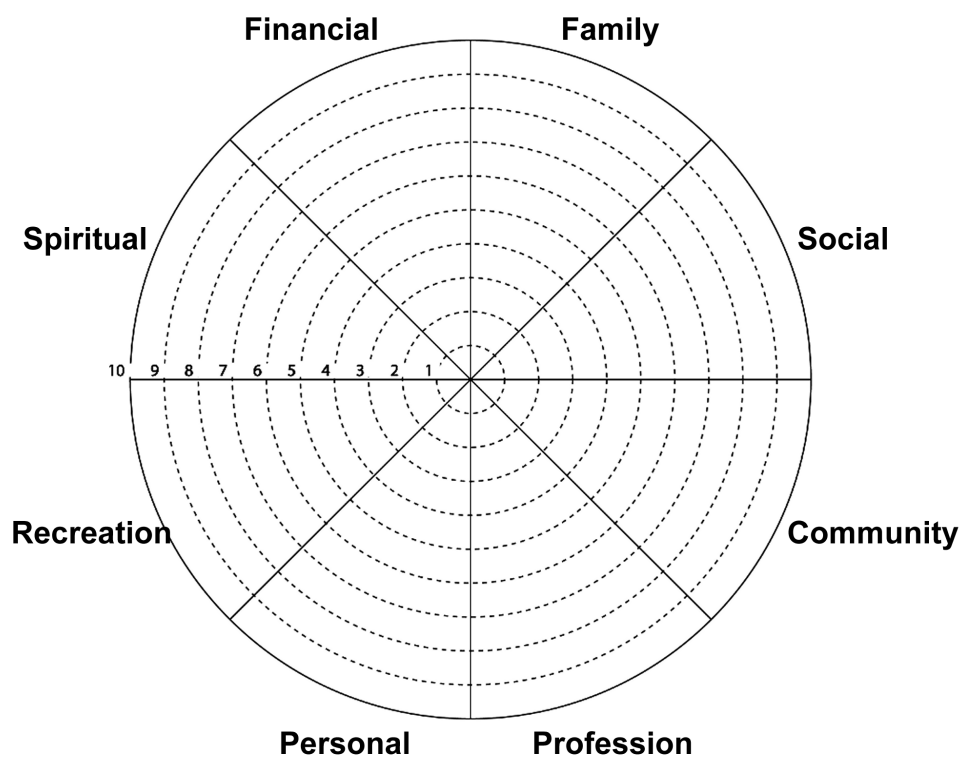


# MENTALITY

The Psychology of Brazilian Jiu Jitsu

## Wheel of Life Balance

The wheel of life balance helps you visualise where you might be out of balance in particular areas of your life. By doing this exercise at the beginning and the end of the 9 – Week – Program, you can see if you’ve made improvements in areas other than fitness and BJJ.

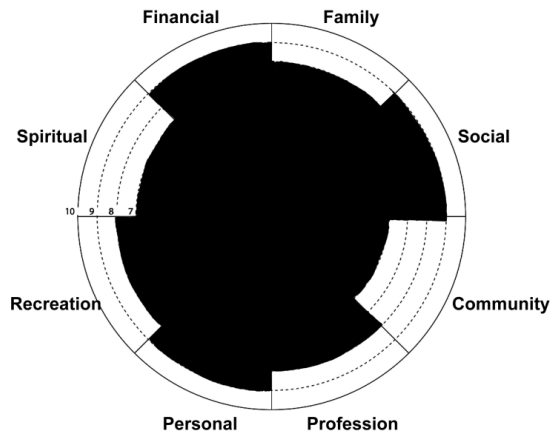


On a scale of one to ten, rate each area and outline the degree of time, focus, attention you give to, and satisfaction you feel about any area of life.

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When you have completed the task, fill in and darken the area of your wheel of life. Your wheel could look something like this:



Now that you have a visual expression of your life balance you can see where you may need to improve. After the 9 – Week Program complete the same exercise and see if there is any difference and if you've been able to improve in some areas of your life. Often the discipline and health improvements that come from a social exercise program tend to improve other areas in your life.