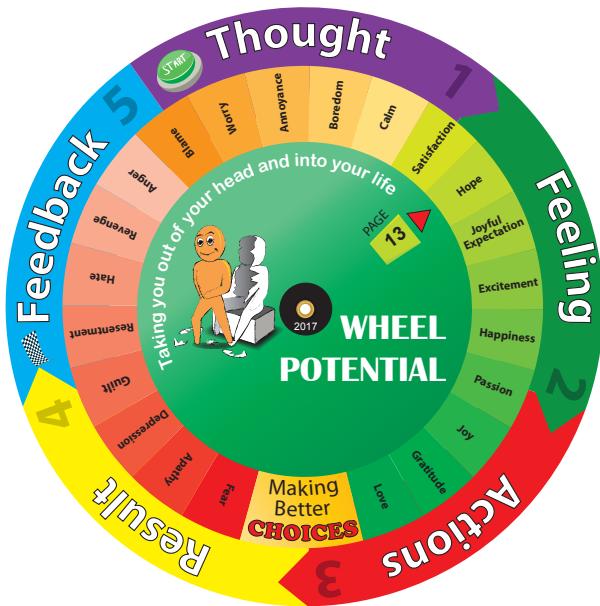




WHEEL POTENTIAL

User Guide



Helping you make a difference in your life

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Created by
Real Potential

Taking you out of your head and into your life.

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Disclaimer

Individual results will always vary, and your results will depend on your individual capacity, willingness to change, level of motivation and diligence in applying the Wheel Potential Model.

The material enclosed in this workbook is used as suggested actions only and is not designed to diagnose or treat medical or psychological conditions. Always consult a physician or licensed therapist if you need treatment beyond the scope of the Wheel Potential Model.

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The Wheel Potential Model

The theory behind the Model is to help you do three main things.

1. Help identify the exact Thought with the exact matching Feeling.
2. Make you aware of your current emotions.
3. Help you identify your behavior, Result and Feedback.

The model will help you unite your THOUGHT and FEELING at the same time. What do I mean by this? Most people believe that THOUGHT and FEELING are separate actions. Actually, THOUGHT and FEELING are assigned simultaneously and one cannot be without the other.

When using the model efficiently you will be able to first acknowledge your current THOUGHT, FEELING and behavior, then you can predict a different outcome if you don't agree with the current behavior. Simply, put in a new thought, assign a new feeling then watch behavior over time to see if it is meeting your needs, and then ask the questions; did I get what I wanted, on the right track or No I did not.

Applying these 5 theories to the Model.

- 1.On the outer circle there are five steps (1-Thought, 2-Feeling, 3-Actions, 4-Result and 5-Feedback). These steps are the building blocks which you will use to analyze the individual situation.
- 2.The second wheel with emotions is there to help you select a Feeling to that Thought by lining up one of the 22.
- 3.The small wheel has a window in the Inner most circle which will then identify the page in the Booklet you will turn to for more explanation.

Example

Step 1: Thought - “I’m going to have a good day”.

Step 2: Feeling of HOPE.

Turn the wheel until it aligns with Hope. Go to page 13 in the user guide indicated by the small wheel. Read definition and example of the thought and feeling in action.

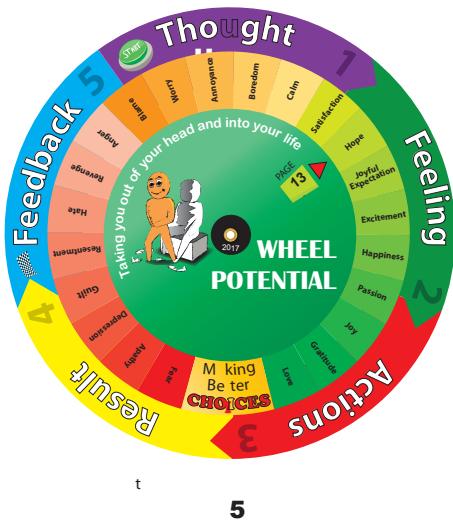
Step 3: Actions (taken) -

- Write down “I’m going to have a good day today”
- Post it on the fridge where you can see it
- Go about my day.

(Also there are a few suggested actions at the bottom of the page to help you think of what you could do to increase or sustain your feeling of Hope.)

Step 4: Result - “I smiled a lot and received smiles back”

Step 5: Feedback - “My smile filled me with Hope”.



DEFINITION

LOVE - Is the most powerful of all the emotions and when used effectively leads to great power; Love is doing the small simple things well that leads to something great. Love is not a sign of weakness but a sign of strength and courage. Love encompasses many emotions from passion, affection, trust, integrity, honesty, loyalty, pleasure and endearment to name a few. In order for love to endure it must be watered like a flower every day by doing small acts of kindness first for yourself, significant other and children, your group, mankind, living things, the physical world, spiritual and life-force. Love Integrates and encourages us to be creative and imaginative so we can create things.

EXAMPLE



THOUGHT

"I love to visit my friends and family."



ACTIONS

Go visit my best friend once a week, call or text family member before visiting to make sure it's a good time to visit



RESULT

Visiting friends and family



FEEDBACK

I love visiting friends and family

OTHER POSSIBLE ACTIONS - LOVE

Tell someone you love them

Spontaneously help a stranger

Praise someone

Go support your brother, sister or friend with a task

Give your friend an extra slice of pizza

Call your friend or family member to see how they're doing

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

GRADITUDE - Is a cousin of love and works in a similar way but goes one step further by taking action. Gratitude is putting love into action such as thanking someone for an act, buying someone a meal, saying nice things, helping us stay in the moment by being nice to the things in our lives every day, nice to our friends, family, ourselves, animals, the earth and so on. Gratitude breathes life into love which empowers us to go to the moon, soon to Mars, build tall buildings, magnificent structures, paintings, sculptures, create societies, education institutions etc.

EXAMPLE

▲ THOUGHT

Send my long term friend a thank you card for helping me out the other day."

▲ ACTIONS

Go and buy a thank you card, Write thanks for helping me the other day, address it, put a stamp on it

▲ RESULT

Friend received thank you card

▲ FEEDBACK

I'm grateful that my good friend received the thank you card.

OTHER POSSIBLE ACTIONS - GRATITUDE

- Thank someone for their service
- Tell someone they did a good job
- Tell yourself you did a good job
- Give a free hug
- Send a thank-you note to someone who made an impact on you
- Do someone a favor

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

JOY - Brings us pleasure and delight which is a cousin of gratitude. Joy is a happy word and its desire is to make sure we are valued and appreciated. It feeds off of love and gratitude and its intensity and magnitude increases when love and gratitude are completely engaged with each other. Joy helps us feel gladness and festive with the celebration of life.

EXAMPLE

▲ THOUGHT

"I want to go to my favorite restaurant and have my favorite burger."

▲ ACTIONS

Call and make reservations, drive to the restaurant, sit down, order and eat my burger

▲ RESULT

Enjoyed my burger

▲ FEEDBACK

I ate my favorite burger

OTHER POSSIBLE ACTIONS - JOY

- Smile at a person in your vicinity
- Pay someone's grocery bill while standing in line
- Pay a compliment to someone you come in contact with today
- Tip your server an extra five dollars
- Give a free service today
- Speak with humble and humility today

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

PASSION - Is a cousin of joy and monitors the intensity of our emotions. Passion is the safety valve of our emotions letting out more or less emotion as required related to our actions. Passion is connected to desire and enthusiasm when combined leads to creativity and the creation of something.

EXAMPLE



THOUGHT

"I'm passionate about helping those people who want to get ahead."



ACTIONS

Call local college, make appointment with mentoring department, get assigned a student, meet once a week



RESULT

Student grades are improving



FEEDBACK

I felt fulfilled helping someone get ahead

OTHER POSSIBLE ACTIONS - PASSION

Do one thing that you love today

What was the one thing you loved to do as a child?

Go do that one thing you could do all day

Share your passion with someone you don't know

Use a passion to help a friend today

Share your talent with a child today

(These are only suggestions and we encourage you to create your own actions)

PASSION

DEFINITION

HAPPINESS - guides our feelings of contentment and pleasure. It allows us to know when things are currently where we want them to be.

EXAMPLE



THOUGHT

"I'm happy with my current life."
burger."



ACTIONS

Go out with friends, date, exercise,
manage my money, maintain my car,
eat my favorite foods, watch my favorite
shows, I laugh a lot, smile at strangers



RESULT

I'm in control of my life



FEEDBACK

My life is happy right now

OTHER POSSIBLE ACTIONS - HAPPINESS

- Eat your favorite sandwich today
- Visit a good friend
- Watch your favorite TV or movie
- Go out with close friends today
- Eat your favorite ice cream or dessert
- Pet your favorite dog, cat or pet

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

EXCITEMENT - The job of excitement is to stir up our emotions and bring them to life. Excitement is the cousin of passion which causes the emotions to wake-up and take action sometimes uncontrollably such as winning a million dollars, winning on a game show or just plain winning.

EXAMPLE



THOUGHT

"I'm going sky diving"



ACTIONS

Call sky diving company, make appointment, get there, get training, get strapped on other diver, jump out, land



RESULT

Landed safely with parachute



FEEDBACK

I'm excited I landed safely

OTHER POSSIBLE ACTIONS - EXCITEMENT

Change your route to work once a week

Attend a fast paced energetic sporting event such as tennis, racing or basketball

Do something you haven't done before like sky diving, cave searching or go-cart racing

Go hang around someone who is exciting and dynamic

Go water or snow skiing today

Go zip lining today

(These are only suggestions and we encourage you to create your own actions)

EXCITEMENT

JOYFUL EXPECTATION

DEFINITION

JOYFUL EXPECTATION - is the sister of joy. Joyful expectation is the emotion that looks forward to being joyful. It is a preconceived emotion that begins the journey to the expression of joy.

EXAMPLE

▲ THOUGHT

"I can't wait to go to the amusement park"

▲ ACTIONS

Tell my friends I'm going, call and invite some friends, make a date

▲ RESULT

Went to the amusement park and had fun

▲ FEEDBACK

The expectation of fun was truly joyful

OTHER POSSIBLE ACTIONS - JOYFUL EXPECTATION

- Tip your server an extra three dollars
- Buy your best friend lunch
- Say hello to three new people today
- I look forward meeting my best friend for lunch
- I can't wait to go sailing
- I'm confident that I will use **Wheel Potential**

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

HOPE - is joyful expectation's cousin and is the feeling of a perceived accomplishment. It's believing before you can see it emotion, which is connected to imagination and creativity

EXAMPLE



THOUGHT

"I'm going to have a good day."



ACTIONS

Write down I'm going to have a good day today, post it on the fridge where I can see it, go about my day



RESULT

I smiled a lot and received smiles back



FEEDBACK

My smile filled me with hope

OTHER POSSIBLE ACTIONS - HOPE

Visit a nursing home and thank an elderly person for their life's contribution

Volunteer for a non-profit organization for one day

Do three little things that lead to a great outcome today

Do something you haven't done before like sky diving, cave searching or go-cart racing

Help a child to improve self-confidence

Help someone you know to enhance their self-confidence

(These are only suggestions and we encourage you to create your own actions)

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SATISFACTION

DEFINITION

SATISFACTION - is a cousin of happiness and it is the gatekeeper between calm and hope. Satisfaction also helps finalize an idea or an action. It allows us to feel content when something has been completed the way we wanted it done.

EXAMPLE



THOUGHT

"I want to cook dinner for three friends"



ACTIONS

Call and invite three friends for dinner, buy, prepare and cook food, set table, eat food, ask for feedback



RESULT

Satisfied friends because food was good and filling



FEEDBACK

My friends were satisfied with my great cooking

OTHER POSSIBLE ACTIONS - SATISFACTION

Eat your favorite food today

Go out with some friends tonight

Order-in and watch your favorite TV program or show today

Treat one person today the way you want to be treated

Go and complete that project you've been putting off

Finish your task list

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

CALM - is the neutral zone for our emotions which helps gain and regain composure, rethink things and bring clarity to our thinking. It is the spring board to satisfaction.

EXAMPLE



THOUGHT

"I'm going to sit in a quiet space for a few minutes."



ACTIONS

Go to bedroom, sit in a chair, close my eyes, breathe in slowly through my nose and exhale through my mouth for 3 minutes



RESULT

Improved mood and outlook



FEEDBACK

My improved mood and outlook made me feel calm

OTHER POSSIBLE ACTIONS - CALM

Take three 10 second slow deep breaths by inhaling through the nose and exhaling by mouth

Go on a nature walk

Turn off your phone for 2 hours

Do three little things that lead to a great outcome today

Do something you haven't done before like sky diving, cave searching or go-cart racing

Go take a warm/cool shower or bath

(These are only suggestions and we encourage you to create your own actions)

BOREDOM

DEFINITION

BOREDOM - is the emotion that doesn't have much to do and sits around moping. When boredom sits too long creativity can get out of hand and get into mischief. It is the adolescent of the emotions. Boredom needs constant change to move up to calm. If bored sits too long it will grow tiresome and lead to annoyance.

EXAMPLE



THOUGHT

"I really don't feel like doing much today."



ACTIONS

Sit at home and watch TV all day, not call my friends, play games on my phone



RESULT

I didn't create much today



FEEDBACK

I was bored all day

OTHER POSSIBLE ACTIONS - BOREDOM

- Go for a 20 minute walk
- Go see a movie
- Meet a friend for coffee, lunch or dinner today
- Finish your craft project
- Build a kit model
- Go clean the kitchen

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

ANNOYANCE - is the cousin of boredom and it continues boredom's message and begins to think of what kind of trouble it can get into. Annoyance main job is to disturb or bother the other emotions and excite, worry, blame and anger.

EXAMPLE



THOUGHT

"People annoy me."



ACTIONS

Avoid contact with people around you, not communicate with anyone, and talk about other people negatively



RESULT

Isolation and people avoiding me



FEEDBACK

My self-annoyance prevented me from interacting with others

OTHER POSSIBLE ACTIONS - ANNOYANCE

Watch a funny program or go to a comedy show

Do 20 jumping jacks

Speak your mind with truth and diplomacy

Go talk to a friend

Imagine you're on top of a mountain smiling at the world below

Go mow the lawn

(These are only suggestions and we encourage you to create your own actions)

WORRY

DEFINITION

WORRY - is the cousin of annoyance, and its job is to torment and disturb the other emotions. It is the troublemaker that stirs up blame.

EXAMPLE



THOUGHT

"I'm worried that I'll get a speeding ticket."



ACTIONS

Drive my car 15 miles over the speed limit in a school zone



RESULT

Got a \$250 speeding ticket



FEEDBACK

I was so worried that I did not watch my speed

OTHER POSSIBLE ACTIONS - WORRY

Acknowledge your concerns

Take a deep diaphragm breath

Go for a walk pick a color you see and notice how often that one color shows up

Sit down and look your worry straight in the eye to see if it's real or not

Set a time of the day to worry say between 3-4 pm and then let go after that

Make a worry list during 3-4 pm and see if they are real or warranted

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

BLAME - is the direct cousin to worry and intensifies worry; first it intensifies itself and then others. It does not need facts to blame only emotion. It uses one piece of datum and calls it fact, and then uses that fact and finger pointing to stir up worry with the other emotions.

EXAMPLE

▲ THOUGHT

"It's your fault I made a mistake on this project."

▲ ACTIONS

Little or no participation in the project steps, collecting inaccurate data, put responsibilities on others in the group

▲ RESULT

Not getting your share of the work credit

▲ FEEDBACK

I blamed my coworkers for my mistake

OTHER POSSIBLE ACTIONS - BLAME

Identify your own blame and shame and challenge it

Rather than blame someone identify their behavior and talk about it with diplomacy

Take actions on your own miss-takes

Create something you've never created before

Do something today to change your circumstance

Ask yourself, "What Do I Really Want?"

(These are only suggestions and we encourage you to create your own actions)

BLAME

DEFINITION

ANGER - is the expression of boredom, annoyance, worry and blame and uses them as weapons against other emotions. Anger is the gatekeeper between blame and revenge. It is the emotion that loses composure because it is caught up in the middle of boredom, annoyance, worry and blame. Its sole purpose is to express discontent even if it isn't "just" or "real".

EXAMPLE



THOUGHT

"I YELLED AT MY COLLEAGUE FOR DOING SOMETHING DUMB."



ACTIONS

Called my colleague on the phone and screamed at him, called the colleague names, told him he was good for nothing



RESULT

Reduced communication, friendship and affinity



FEEDBACK

My anger got me in trouble with my colleague

OTHER POSSIBLE ACTIONS - ANGER

Look out side of a window for 3 minutes and pay attention to what you see, birds, clouds, sky etc.

Take a huge deep breath, and let an out loud sigh (if you're alone) or a low sigh if in public

Leave the room or situation for 5 minutes

Focus on a solution

Take 2 minutes to forgive yourself

Go to sleep early today

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

REVENGE - is the direct cousin of anger and its job is to punish blame, worry and annoyance. It stirs them up causing chaos among the other emotions as well. Revenge clouds the perceptions of the other emotions by intensifying anger, blame, worry and annoyance.

EXAMPLE

▲ THOUGHT

"I was hurt by that comment and now I'm going to pay you back with the same pain."

▲ ACTIONS

Call the person names, spread untruthful statements to discredit

▲ RESULT

Pain unleashed returns to me in greater amounts

▲ FEEDBACK

My revenge caused me to lose my friendship

OTHER POSSIBLE ACTIONS - REVENGE

Write down and acknowledge your hurt, blame and shame
Decide if you need to be right all the time and what the consequences will be if you act it out
Practice the art of forgiving yourself first before forgiving others
Go away for 1-2 days and think things through
Go camping for the weekend with some good friends
Go to the beach or lake for the day

(These are only suggestions and we encourage you to create your own actions)

REVENGE

DEFINITION

HATE - is the cousin of revenge and it allows revenge to do the dirty work by instigating a fight between revenge, anger, blame worry and annoyance. It is the unexpressed version of revenge, anger, blame worry and annoyance. It uses inaccurate assumptions to stir up trouble with the other emotions.

EXAMPLE



THOUGHT

"I'm thinking of a payback because my coworker injured my pride."



ACTIONS

Sabotage the work environment,
stalk the coworker



RESULT

Intensify my feelings of pain and hurt



FEEDBACK

My hate caused me much pain

OTHER POSSIBLE ACTIONS - HATE

Write down two things that help you feel peaceful

Go and do the one thing that brings peace

Take a walk and think of that one thing of peace you just completed

Walk until you feel peace

Write down or think about what defined rules are comparing your hate to

Express these defined rules with someone you trust

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

RESENTMENT - is the gate keeper between hate and guilt and uses them to cause havoc with the other action-signal emotions. Its main job is to cause injury and insult to hate, revenge, anger, blame and worry. Resentment feels just and righteous when it stimulates hate, revenge, anger, blame and worry with no regards to facts or sincerity.

EXAMPLE

▲ THOUGHT

"I don't care what happens to my friend because she said rude things to me."

▲ ACTIONS

Not calling friend, not speaking to friend, avoid friend

▲ RESULT

Diminished friendship

▲ FEEDBACK

I don't see my friend hardly anymore because of my resentment towards them.

OTHER POSSIBLE ACTIONS - RESENTMENT

Write down one opposite outcome of a past event that caused you pain

List 3 things in the moment that matter most to you

Write down your statement of why you felt you were treated unfairly

Go to the zoo or animal shelter and pet some animals

Write down what you're feeling resentful about and what rules you are comparing it to Guilt

Feel the feeling of resentment and then give it amnesty while forgiving the event

(These are only suggestions and we encourage you to create your own actions)

RESENTMENT

DEFINITION

GUILT - is the direct cousin of resentment and is fueled by depression. Guilt uses resentment, hate, revenge, anger and blame to unburden its need to induce pain and sorrow. It feels responsible for causing those emotions creating chaos. It reveals resentment, hate, revenge, anger and blame and uses them to come out of hiding. Because it feels terrible guilt wants the other action signal emotions to feel terrible too.

EXAMPLE



THOUGHT

"I spoke badly about a friend that was not true."



ACTIONS

Avoiding friend, not looking them in the eye when communicating, expressing angst



RESULT

Reduced contact with friend



FEEDBACK

My guilt got the best of me and my friendship.

OTHER POSSIBLE ACTIONS - GUILT

Make amends with yourself first then the targeted person or circumstance
Apologize and admit a legitimate miss-take as quickly as possible
Express your gratitude toward the person or circumstance after the apology
Write down the iron clad rules you should do and live by
Look at your list and think of opposite rules you could use
Practice using the opposite rules in your daily life

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

DEPRESSION - is the direct cousin of guilt and overloads the emotions of resentment, hate, revenge, anger, blame and worry. It is designed to help you feel low in spirit by drawing on the energy of guilt, resentment, hate, revenge, anger and blame. Depression holds up all of the other action signal emotions except fear, and tries to drag them down where it is living.

EXAMPLE



THOUGHT

"The whole world is on my shoulders."



ACTIONS

Not engage with friends and family, hide-away at home, do not engage in activities



RESULT

Be alone



FEEDBACK

My depression is causing me to be alone

OTHER POSSIBLE ACTIONS - DEPRESSION

- Listen to upbeat music
- Eat plenty of omega 3 fatty acids
- Walk in nature at least 3 times per week
- Get at least 8 hours of sleep
- Go out to a public place and people watch
- See a cognitive behavioral therapist

(These are only suggestions and we encourage you to create your own actions)

APATHY

DEFINITION

APATHY - is the reducer of emotional energy for the action-signal emotions. In its usual state it yields its power to reduce and sometimes eliminate feelings all together. Apathy's allies are depression, guilt, resentment, hate, revenge, anger, blame, worry and annoyance. It's the gate keeper between fear and depression and lacks interest or concerns for things. In other words apathy doesn't care about anything.

EXAMPLE



THOUGHT

"I don't care what happens to me."



ACTIONS

Eat poorly, sit on couch 24/7, abuse drugs and alcohol, poor hygiene



RESULT

Early death



FEEDBACK

Yes

OTHER POSSIBLE ACTIONS - APATHY

List 3 calm experiences you had in the recent past

Do one calm experience each day for 3 days

Repeat 1 calm experience every day for the next week

Go to the humane society, pet store or visit a friend with a pet and caress it

Go to a restaurant have some food and ask your server what he/she thinks of the weather

Wake up 1 hour earlier, drive or walk to a nature trail to spend some time in nature

(These are only suggestions and we encourage you to create your own actions)

DEFINITION

FEAR - is the direct cousin of apathy, it uses false evidence to appear real and tries to control all of the action-signal emotions based on this evidence. It is designed to cause things to standstill while hiding behind the camouflage of false evidence. Fear orchestrates depression, guilt, resentment, hate, revenge, anger, blame, worry and annoyance to activate at once to cause chaos and confusion among those emotions. It uses its power of persuasion to make you be and feel afraid.

EXAMPLE

▲ THOUGHT

"I'm afraid to turn in my school work because it may not be my best work."

▲ ACTIONS

Partially complete homework, not turn homework in, and keep assignments in school folder

▲ RESULT

Low grade or failed class

▲ FEEDBACK

My fear helped me get a poor grade.

OTHER POSSIBLE ACTIONS - FEAR

Feel the fear flow through you

Act out the fear in the real world in small doses

Challenge fear to see if it's real

Change your thinking from security to courage by acting out your fear

Treat fear as excitement that leads to a good outcome

Feel the fear and do it anyway

Write down what you're comparing your fear to

Challenge that written fear today

(These are only suggestions and we encourage you to create your own actions)

FEAR

Emotion Glossary by First Step Model Order (1)

Love - A feeling of warm personal attachment or deep affection, as for a parent, child, Pet or friend

Gratitude - The quality or feeling of being grateful or thankful

Joy - The emotion of great delight or happiness caused by something exceptionally good or satisfying

Passion - A strong or extravagant fondness, enthusiasm, or desire for anything

Happiness - Good fortune; pleasure; contentment; joy

Excitement - Something that excites

Joyful Expectation - Full of joy, as a person or one's heart; glad; delighted

Hope - The feeling that what is wanted can be had or that events will turn out for the best

Satisfaction - Confident acceptance of something as satisfactory, dependable or true

Calm - Free from excitement or passion

Boredom - To weary by dullness, tedious repetition, unwelcome attentions

Annoyance - A person or thing that annoys; nuisance

Worry - To torment oneself with or suffer from disturbing thoughts; fret

Blame - To place the responsibility for a fault, error etc., on something or someone

Anger - A strong feeling of displeasure and hostility aroused by a wrong

Revenge - The act of revenging; retaliation for injuries or wrongs; vengeance

Hate - To feel intense dislike, or extreme aversion or hostility

Emotion Glossary by First Step Model Order (2)

Resentment - The feeling of displeasure or mad at some act, remark, person, etc., regarded as causing injury or insult

Guilt - A feeling of responsibility or remorse for some offense, crime, wrong, etc., whether real or imagined

Depression - A condition of general emotional dejection and withdrawal; sadness greater and more prolonged than that warranted by any objective reason

Apathy - Lack of interest in or concern for things that others find moving or exciting

Fear - A distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid

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My Progress Chart

Start Date: _____

1. Unsatisfied 2. Semi-Satisfied 3. Satisfied 4. Very-Satisfied 5. Extremely Satisfied

HEALTH

	Initial	3 Month	6 Months	12 Months
Physically	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mentally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spiritually	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEALTH

Self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cultural Values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOVE

Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Humanity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FULFILLMENT

Higher Purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help Others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help Better Your Community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Giuseppe Del Giudice,
BS/Psychology - Behavior Specialist
Inventor of the **Wheel Potential**

History

Originally, the wheel was a non-working representation made of a molecule set I bought at a local college book store in 1990. It was to be a physical representation of a person's core belief system. I used this model until 2000 when I learned about cognitive behavior process; thoughts, feelings and behavior at a conference I attended in Toronto. I used this information to create a personal development workshop called Secrets of a Trim Mind to help people overcome weight belief issues.

I went to college to complete my BS-Psychology-Life Coach degree specializing in life coaching.

My psychology and life coaching classes allowed me to polish my understanding about the psychology behind the life coaching, allowing me to further enhance and explain the process of the **Wheel Potential**. Over the years of owning a business I read, studied and took many business classes studying many theories; one such theory that stood out the most for me was from 'Dr. Peter Drucker, "The Theory of Business". As my knowledge, wisdom, skills and abilities grew so did the **Wheel Potential**. I have personally invested over 10,000 hours into the **Wheel Potential** project since 1990. Most of the work I did was based on feedback from the participants, some documented and others not documented.

Over the years the **Wheel Potential** began to come alive by putting the concept down on paper which developed into a flow chart, then a workable laminated cardboard model having 5 lift up windows revealing the steps underneath. From there it was put into a circular flow chart again using cardboard. The circular idea came from the Game of Life TM spinner which eventually spun-off a brand new beautiful working model. After **18** generations you have the brand new **Wheel Potential** working Model in your hands ready to be used.

I want to personally thank you for purchasing this great tool. When used consistently, honestly and with accuracy you will begin to enhance and take control of your own life, thoughts, feelings, actions and outcomes.

May You Never Be The Same,

Giuseppe Del Giudice

A handwritten signature in black ink, appearing to read "Giuseppe Del Giudice". The signature is fluid and cursive, with a large, stylized initial 'G'.