



Life-Improver App



Topic: **MONEY**

Are you dissatisfied with your income / financial situation?

Analysis: With the Wheel of Life, you have found out that you want to optimize your financial situation.

Your goal should be, among other things:

- I have enough money available to live a carefree and happy life.
- I have created a basis of financial security for myself and my family.



Question: How much money and wealth am I aiming for and at what cost in order to lead a carefree life and have the freedom and time for a fulfilling life?

Procedure:

- Read the app's inspiring texts on the topic of **"Money"** and listen to yourself.
- The app offers the **"Assets"** tool. Use it to get an overview of your assets.
- The app gives you tips on how to control your income/expenditure.

Have you gained insights for change?

- Think about your *goals*, e.g. I want to earn 20% more.
- Define *tasks* to achieve your goals, e.g. further training to move up the career ladder.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **PROFESSION**

Don't enjoy your job? Would you like to achieve more professionally?

Analysis: With the Wheel of Life, you have discovered that you do not enjoy your job. Your work-life balance is not balanced.

Your goal should be, among other things:

- My work gives me pleasure and it's significant for me. I thrive in my job.
- I can support myself with my work.



Question: How do I find the right job that gives me energy, strength, success and fulfillment, that allows me to do something meaningful and at the same time provides me with material security?

Procedure:

- Read the inspiring texts in the app on the topic of **"Profession"** and listen to yourself.
- Analyze your professional situation. The app offers a **Job Analysis** tool for this purpose.
- Use the **Strengths/Weaknesses Analysis** tool to find out which job you are particularly suited to.

Have you gained insights for change?

- Think about your *goals*, e.g. I would like to change companies or: I would like to become self-employed.
- Define *tasks* to achieve your goals, e.g. actively pursue job advertisements, look for headhunters.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your tasks.



Topic: **TIME**

Are you constantly stressed and under time pressure? Do you have a chronic lack of time?

Analysis: With the Wheel of Life, you have discovered that you need to get a better grip on your time and aim for a better rhythm of life.

Your goal should be, among other things:

- I am rarely pressed for time.
- My professional and private life is balanced.
- I'm not worried that I won't be able to achieve some things in life.



Question: How much time do I invest in order to lead a stress-free life, avoid burnout and organize my life in a meaningful way?

Procedure:

- Read the inspiring texts in the app on the topic of **"Time"** and listen to yourself.
- Analyze the reasons for your chronic lack of time, such as "not being able to say no"; wanting to do everything yourself; not using time management; dwelling on unimportant things. Become aware of your time wasters!
- The app provides an overview of common **time management methods**.
- Check whether one of them could be helpful for you.

Have you gained insights for change?

- Think about goals, e.g. "I want to spend much more time with my family".
- Define tasks to achieve your goals, e.g. learn a time management method, keep a daily planner, etc.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **HOME**

Are you unhappy with your living situation? Is the apartment too small, too expensive or badly located?

Analysis: With the Wheel of Life, you have discovered that an improved living situation is urgently needed

Your goal should be, among other things:

- I am happy with my living situation.
- I can afford the apartment.
- The apartment offers enough space and comfort for me and my family.



Question: Is the apartment tailored to the size of the family and can it be used flexibly? Are the living needs of parents and aging children satisfactorily met? Is the budget not overstretched?

Procedure:

- Read the app's inspiring texts on the topic of **"Home"** and listen to yourself.
- Analyze what type of dweller you are: e.g. a city dweller, country dweller, nomad or emeritus.
- Analyze the housing needs for you and your family today and in the future.
- Ask yourself whether you would prefer to rent or buy your own home.

Have you gained insights for change?

- Think about your goals, e.g. I am looking for a larger apartment. I keep a close eye on the real estate market and hire a real estate agent or: I'm downsizing and buying a tiny house.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **BODY**

Are you dissatisfied with your body, your fitness, your health?

Analysis: With the Wheel of Life, you have discovered that you should place much more value on your body.

Your goal should be, among other things:

- I feel fit and powerful.
- I am satisfied with my body and my appearance.
- I take care of my body regularly


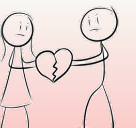
Question: How much time per day/week do I spend on training my physical fitness so that I don't "get rusty" in the long term and prevent potential health risks?

Procedure:

- Read the inspiring texts in the app on the topic of the **"Body"** and listen to yourself.
- Analyze: - Are you paying attention to a healthy diet?
 - Do you make sure you get enough sleep, take breaks and listen to warning signals?
 - Do you avoid stress, do you relax?
 - Do you avoid drugs, alcohol, smoking?

Have you gained insights for change?

- Define *tasks* to achieve your goals, e.g. visit a fitness studio or buy a medicine ball.
- Consider small *goals*, e.g. I ride my bike every day or go for a walk.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic : **LOVE**

Are you dissatisfied with your love life?

Analysis: With the Wheel of Life you have found out that you should get your love life going.

Your goal should be, among other things:

- I love my partner. I am attentive to my partner.
- I have a lively, dynamic relationship.
- I am satisfied with my sex life.
- I avoid routine and boredom
- I am willing to compromise and open to new things



Question: How much time a day do I use to communicate to my partner that I love him/her? What do you think of romance?

Procedure:

- Read the app's inspiring texts on the topic of **"Love"** and listen to yourself.
- Analyze: How happy are you with your love life?
- How is your relationship doing, e.g.: I trust my partner, we have many common interests, our plans for the future fit together, we spend a lot of time together.

Have you gained insights for change?

- Think about your goals, e.g.: We want to revitalize our partnership. We want to spend more time together.
- Define tasks to achieve your goals, e.g.: We will have a daily relationship talk or: We will go to couples counseling or: We will book a tantra weekend.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **RELATIONSHIP**

Is there a crisis in your relationship? Are you looking for firm, lasting friendships?

Analysis: Using the Wheel of Life, you have discovered that your relationships with your friends are suffering greatly or are being neglected.

Your goal should be, among other things:

- I live happily and contentedly with the members of my family.
- I have a few very good friends I can count on, with whom I keep in regular contact.
- I draw positive energy from my relationships.



Question: Do you maintain your relationship network of family members and friends sufficiently? Do you resolve disagreements as soon as possible?

Procedure:

- Read the app's inspiring texts and questions.
- The app offers the **"Relationship Analysis"** tool: enter all the people who are important to you and with whom you want to spend valuable time.
- Finding new friends is not easy. But it is a skill that can be learned and practiced. It involves being attentive, approaching others with openness and humor, having a little courage and allowing new contacts.

Have you gained insights for change?

- Think about your *goals*, e.g.: I am intensifying contact management, I also use social media for this (including WhatsApp, FB, LinkedIn)
- Define *tasks* to achieve your goals: e.g.: I am active and pick up the phone.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **HELPFULNESS**

Do you feel guilty because you give far too little of your time and wealth to other people?

Analysis: With the Wheel of Life you have found out that you are going through life too selfishly and are not happy!

Your goal should be, among other things:

- I want to give my life a deeper meaning and help other people, also to become happier myself.
- I provide some of my time and money to other people selflessly.



Question: Am I doing enough to help other people selflessly? Do I feel a moral obligation to be selfless?

Procedure:

- Read the app's inspiring texts and questions.
- Examine the opportunities to become active by giving your work, time and energy, or to provide financial help, for example: in aid campaigns, in helping neighbors, in helping people in your personal environment, in animal, environmental and nature conservation, as a volunteer in sports, in elderly care, in youth care, in refugee care, in politics.

Have you gained insights for change?

- Think about *goals*, e.g.: I will donate one day a week and 5% of my income.
- Define *tasks* to achieve your goals, e.g.: I am applying to be a family mentor to tutor children or: I am taking on a voluntary position at Caritas.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **MISSION**

You have no idea how your life will develop?

Analysis: With the Wheel of Life you have discovered that you have not yet found a compass for your life!

Your goal should be, among other things:

- I have a vivid idea of what my life should look like in the future and have documented or visualized this mission.
- The mission is the compass for my life.



Question: What is most important to me? What gives my life meaning? What do I want to be, do and experience in my life? What would I be prepared to sacrifice everything for?

Procedure:

- Read the inspiring texts in the app on the topic of **"Mission"** and listen to yourself.
- The app offers the **"Mission"** tool with which you can document your mission.
- Analyze your life design, write down your ideas and wishes in peace.
- Where do I want to be in 3 months, 3 years, 30 years?

Have you gained insights for change?

- The app provides examples and literature to help you find your mission.
- Sketch out your mission and take some time to do so, e.g.: I want to live a free and self-determined life. I want to have children I can be proud of. I want to realize my dreams.
- Record these goals and tasks in writing.
- Let the app remind you to check/update your mission from time to time.



Topic: **WORLDVIEW**

Are you constantly searching for your values and the right beliefs?

Analysis: With the Wheel of Life, you have discovered that your previous world view is no longer coherent. Your worldview defines what you believe to be true and right, what you are convinced of and what you believe in.

Your goal should be, among other things:

- I can outline my personal world view.
- I live in accordance with my values.
- I do not allow myself to be constrained by beliefs



Question: In these fast-moving times, do I need to verify my canon of values or adapt my world view?

Procedure:

- Read the app's inspiring texts on the topic of **"Worldview"** and listen to yourself.
- The app offers the **"Values"** tool with which you can select and organize your most important values.
- Become aware of your beliefs and review them. Do you feel restricted by beliefs? Dissolve limiting beliefs

Have you gained insights for change?

- Think about goals, e.g. What will change in your life if you live with these new beliefs for 1, 3, 5, 10 and 20 years?
- Define tasks to achieve your goals, e.g.: I will take half a day off to question my beliefs. I document the desired change of the new beliefs in my life
- Set yourself deadlines. Let the app remind you.



Topic: **SPIRITUALITY**

Are you constantly searching for the role that spirituality plays in your life?

Analysis: With the Wheel of Life, you have discovered that spirituality has a meaning in your life.

Your goal should be, among other things:

- I have found my attitude towards spirituality and faith.
- I have clarified the "questions of meaning" for myself.



Question: You must decide for yourself whether you seek to answer the important questions of life for yourself or whether you join a religion or spiritual movement and follow its beliefs.

Procedure:

- Read the inspiring texts in the app on the topic of **"Spirituality"** and listen to yourself.
- Analyze the significance of spirituality, questions of meaning, faith, religiosity and esotericism for your life.

Have you gained insights for change?

- Think about your goals, e.g. I want to decide whether I want to join a religious community or whether I want to leave the church.
- Define tasks to achieve your goals, e.g.: I will explore my inner self and take some time out in a Buddhist or Christian monastery or: I am planning a pilgrimage on the Way of St. James.
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **SELF-IMAGE**

Are you unable to realize your potential because you don't know yourself well enough?

Analysis: Using the Wheel of Life, you have discovered that you have a rather negative self-image and do not know how you come across to other people.

Your goal should be, among other things:

- I know my personality and my character.
- I know my strengths and weaknesses.
- I know how I come across to other people.



Question: How can you positively change your self-image in order to positively change your life?

Procedure:

- Read the inspiring texts in the app on the topic of **"Self-image"** and listen to yourself.
- Create your own personal self-image.
- Find out your personality traits. The app offers the **Strengths/weaknesses analysis** tool for this purpose.
- What deficits do you see in yourself? How can you eliminate them?

Have you gained insights for change?

- Think about your goals, e.g.: I will give my strengths and talents more importance in my areas of life in the future.
- Define tasks to achieve your goals, e.g.: I will take a personality test (e.g. Big Five).
- Record these goals and tasks in writing. Set yourself deadlines. Let the app remind you of your appointments.



Topic: **SELF-CONFIDENCE**

Do you lack self-assurance and self-confidence? Are you anxious about the future?

Analysis: Using the Wheel of Life, you have discovered that you often have doubts about yourself and suffer from shyness.

Your goal should be, among other things:

- I have a healthy self-confidence.
- I have a positive attitude towards myself.
- I have both feet firmly on the ground.



Question: How can you strengthen your self-confidence by working on yourself as an important prerequisite for a happy and successful life?

Procedure:

- Read the app's inspiring texts and questions.
- Analyze: Your attitude to life, your behavior, your body language, your effect on other people.
- Get to know yourself: your characteristics, strengths and weaknesses. See the topic: Self-image and the **Strengths/weaknesses analysis** tool.
- The app offers the **Diary** tool. Keep a problem/success diary.

Have you gained insights for change?

- Think about your goals, e.g. I will appear much more confident to my boss.
- Define tasks to achieve your goals, e.g. keep a problem/success diary or attend a public course on the topic.
- Keep a written record of your goals and tasks.
- Set yourself deadlines. Let the app remind you of your appointments.



Topic: **EMOTIONS**

Are you irritable, stressed and unable to control your emotions?

Analysis: With the Wheel of Life, you have discovered that your emotions have too much control over your personality.

Your goal should be, among other things:

- I am balanced and emotionally stable
- I am neither anxious nor insecure and not easily thrown off balance.

Question: How can you allow more pleasant than unpleasant emotions, feelings and moods to make you feel better and happier?

Procedure:

- Read the inspiring texts in the app on the topic of **"Emotions"** and listen to yourself.
- Analyze how well you know and can control your own emotions.
- The app provides an overview of important techniques for controlling emotions.
- The app offers the tool: **Diary of emotions**. Writing in a diary helps you to reflect on your feelings and get a better grip on them.

Have you gained insights for change?

- Think about your goals, e.g.: I want to improve my emotional state.
- Define tasks to achieve your goals, e.g.: Learn relaxation techniques.
- Record these goals and tasks in writing. Set yourself deadlines.
- Let the app remind you of your appointments.



Are you ready to change something in your life to become happier and more satisfied?

- Then get the app from the Apple App Store. Simply search for **"Life-Improver"**.
- The app is free of charge.
- No personal data is collected or passed on.
- You can find videos on YouTube about the overview and operation.



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