

## A First Step in Developing a Life Plan



Bike spokes are "a key role in the transferring of the power from your legs to the rim to make the bike go. Enormous force gets applied to the hub of a rear wheel by the chain and gearing when you pedal down hard, and together the spokes carry the power that has gone from your legs to the chain then out to the wheel. That force driving the bike forward gets distributed among many spokes in a properly aligned wheel,

which people usually describe as being "in true." When you look at weight distribution, too, even under a very heavy load many spokes help spread out the weight so that it is more evenly carried and doesn't put too much stress on any single spoke." - David Fiedler

(<http://bicycling.about.com/od/bikemaintenance/a/spokes.htm>)

Picture your life like the wheel and the different areas of your life like the spokes. If you do not have direction in your life-spokes (the spoke is not aligned right), the wheel will not function to the best of its ability to get you moving forward.



### Exercise:

Take some time to identify the important areas of your life? Then ask yourself -

What do you want to accomplish in them?

Suggested:

	Life Spokes	
_____	Spouse	God
_____	Children	Health
_____	Finance	Career
_____	Self-Development	Family
_____	Friends	Vacation
_____	Fun	Charity
_____	Community	My dream
_____	other	
_____		
_____		