WHEEL POTENTIAL

User Guide

Taking you out of your head and into your life

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Created by
Wheel Potential

Taking you out of your head and into your life.

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US Patent D868, 164

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 B-pos+ive.™

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 B-pos[+]ve.™

Acknowledgements

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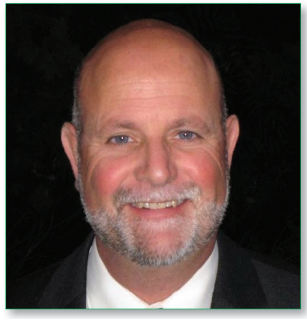
History

Originally, the wheel was a non-working model made from a molecule set purchased at a local university book store in 1990. It was assembled to be called the Belief Model, which represented a person's core beliefs.
In 2000 the molecule set was turned into a five step process beginning with, Thought leads to a feeling; leads to actions; leads to a result and finally to feedback - "Did I get what I wanted Yes? or No?"
The Belief Model was then made into a workshop
"Secrets of a TrimMind: To help people overcome weight belief issues.

The e-book can be found at
https://www.amazon.ca/Secrets-Trim-Mind-Part-1-ebook/dp/B006WS5J28

Over the years the name was changed to First Step in 2016 and to Wheel Potential in 2017. In those years First step and Wheel Potential won 8 International Inventor Awards, been granted a patent (2020), issued a copyright on the user guide and Service Mark on the Wheel Potential process.

In 2021, Wheel Potential was rebranded to introduce you to B-pos[+]ve™ which received another award. B-pos[+]ve™ is now available digitally to give you lightening fast results to help you find the best outcome on handling your feelings. You can download B-pos[+]ve™ on Google Play and Apple store. This app captures important data while helping you feel better, manage stress, reduce harmful behaviors, give you more clarity, make better decisions, and shift your paradigm. It will also help you improve your family life, mental health, emotional intelligence, calm frustrations and annoyance. By helping you understand yourself and how to respond in a healthy way to get the best emotional outcome in your life.



Giuseppe Del Giudice,

MA-Counselor-Transformation and Accountability Coach

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.

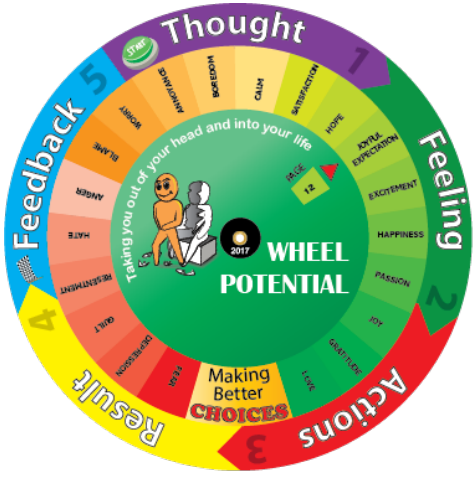
Step 3: Actions (taken) -

- 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.)

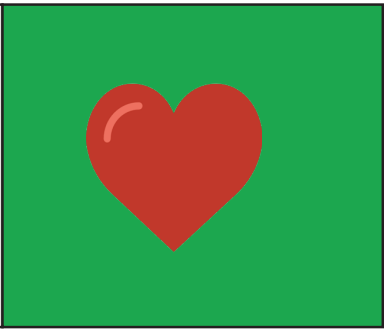
Step 4: Result - **"**I smiled a lot and received smiles back"

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



LOVE

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



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

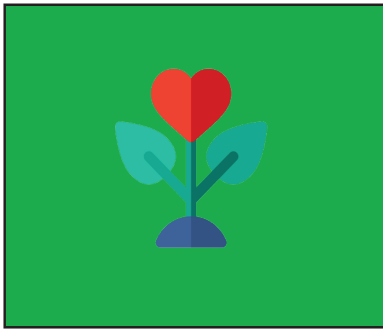
RESULT Visiting friends and family

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)



Gratitude - The quality or feeling of being grateful or thankful

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)

GRATITUDE

JOY

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



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

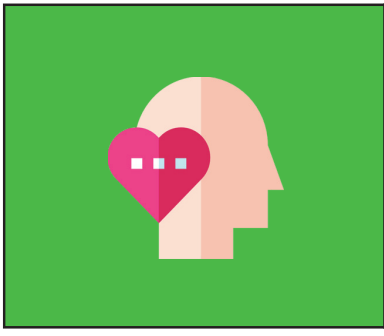
RESULT Enjoyed my burger

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)



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

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

HAPPINESS

Happiness - Good fortune; pleasure;



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

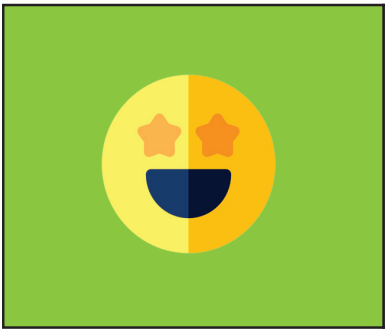
RESULT I'm in control of my life

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)



Excitement - Something that excites

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

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



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 **B-posi+ive.™**

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



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

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)

HOPE

SATISFACTION

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



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)



Calm - Free from excitement or passion

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

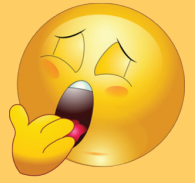
OTHER POSSIBLE ACTIONS - CALM

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

CALM

BOREDOM

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



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)



Annoyance - A person or thing that annoys; nuisance

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)

ANNOYANCE

WORRY

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



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

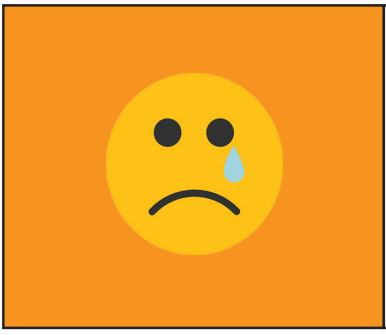
RESULT Got a $250 speeding ticket

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 loog 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 abd see if they are real or warranted

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



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

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

ANGER

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



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

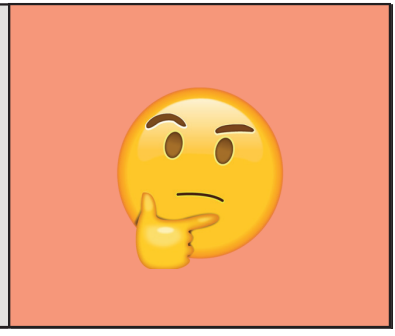
RESULT Reduced communication, friendship and affinity

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)

Hate - To feel intense dislike, extreme aversion or hostility



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)

HATE

RESENTMENT

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



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

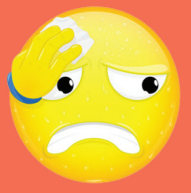
RESULT Diminished friendship

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)

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



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

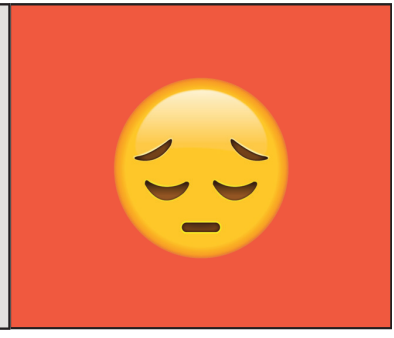
Make amends with yourself first then the targeted person or circumstance
Apologize and admit a legitimate miss-take as quickly as possible
Express your gratitude toward the person or circumstance after the apology
Write down the iron clad rules you should do and live by
Look at your list and think of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

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

GUILT

DEPRESSION

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



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)



Fear - A distressing feeling aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being 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 ro
Challange that written fear today
(These are only suggestions and we encourage you to create your own actions)

FEAR

Feeling Glossary

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

Happiness - Good fortune; pleasure;

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, extreme aversion or hostility

Feeling Glossary

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 feeling 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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Notes

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	☐	☐	☐	☐
Mentally	☐	☐	☐	☐
Spiritually	☐	☐	☐	☐

WEALTH

Self	☐	☐	☐	☐
Social Relationships	☐	☐	☐	☐
Cultural Values	☐	☐	☐	☐
Financial	☐	☐	☐	☐

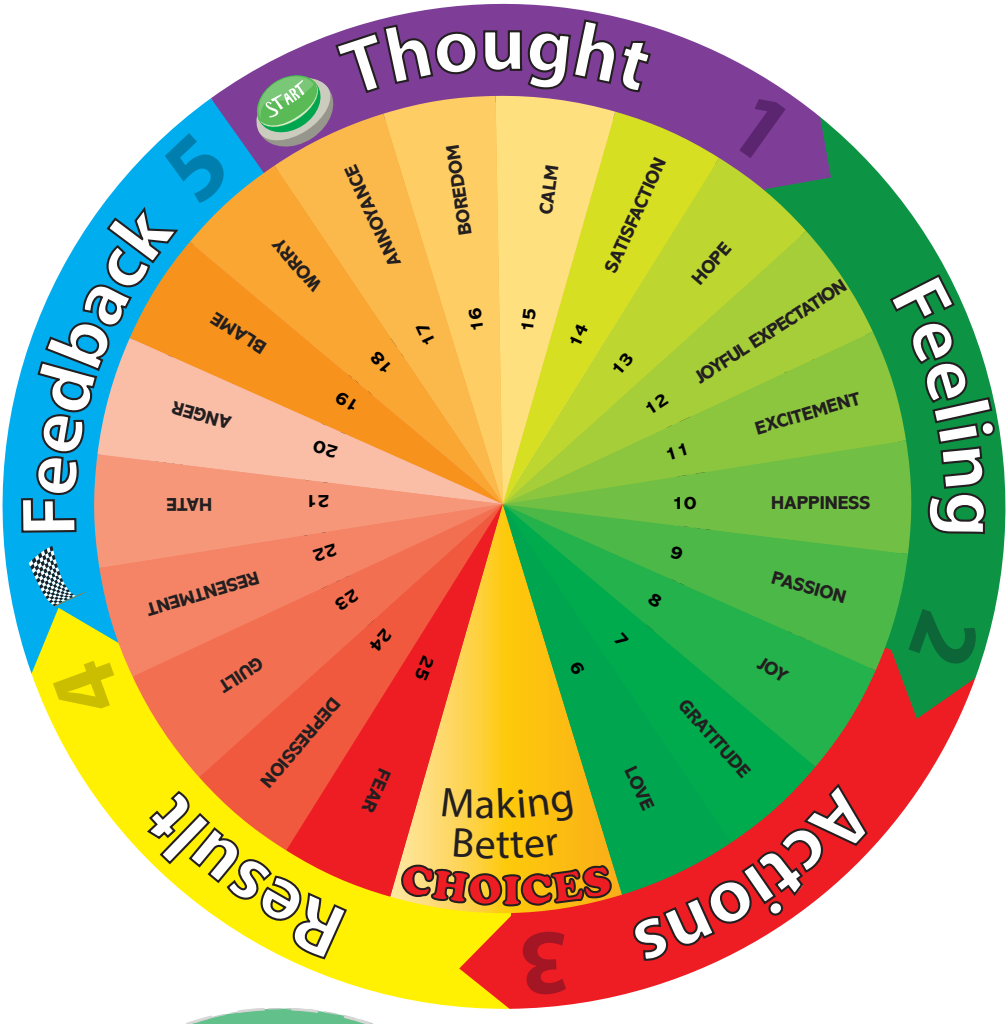
LOVE

Family	☐	☐	☐	☐
Friends	☐	☐	☐	☐
Relationship	☐	☐	☐	☐
Humanity	☐	☐	☐	☐

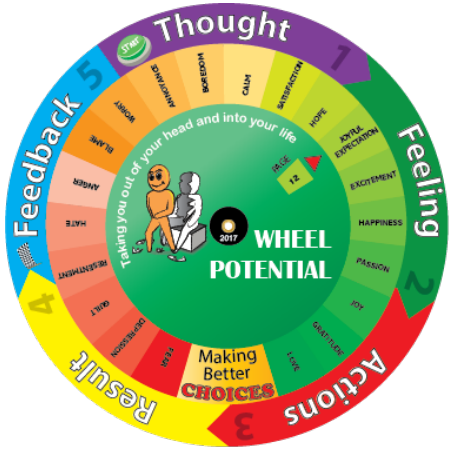
FULFILLMENT

Higher Purpose	☐	☐	☐	☐
Help Others	☐	☐	☐	☐
Help Better Your Community	☐	☐	☐	☐
Volunteer	☐	☐	☐	☐

Notes


Thought
1
Feeling
2
Actions
3
Result
4
Feedback
5
START
CALM
SATISFACTION
HOPE
JOYFUL EXPECTATION
EXCITEMENT
HAPPINESS
PASSION
JOY
GRATITUDE
LOVE
BOREDOM
ANNOYANCE
WORRY
BLAME
ANGER
HATE
RESENTMENT
GUILT
DEPRESSION
FEAR
15
14
13
12
11
10
9
8
7
6
16
17
18
19
20
21
22
23
24
25
Making
Better
CHOICES


Taking you out of your head and into your life
PAGE
2017
WHEEL
POTENTIAL


Thought
Feeling
Actions
Result
Feedback
Taking you out of your head and into your life
2017
WHEEL
POTENTIAL
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Better
CHOICES