

# PART I : EXPLORE

*"If you plan to be anything less than who you could be, you will probably live unhappily ever after." – Abraham Maslow*

Welcome to the first part of the book: Explore. In this section, you will become acquainted with the 7-Sphere Model of self-development, which serves as the foundation for your journey. The model is built around seven key areas of life and is designed to guide you along the path of personal growth. Each sphere represents a different aspect of your life, and as you explore them, you will gain valuable insights into why certain areas may feel unbalanced or challenging.

We will delve deeply into each of these seven spheres:

1. Inner peace
2. Health and energy
3. Relationships
4. Finances and career
5. Learning and renewal
6. Helping and influencing
7. Mission and life purpose

Together, we will examine their meaning, their purpose, and how they affect your overall well-being.

In addition, I will share inspiring stories of individuals whose lives have been profoundly shaped by these spheres. These stories are intended to offer you fresh perspectives on your own challenges and to help you uncover solutions you may not have considered before.

At the end of this section, you will find a framework for creating your own personalized 7-Sphere Model of self-development. This model will resonate with you and support you on your journey toward becoming your best self. It is not merely an exercise, but the first step toward real change and the realization of your full potential.

## **The 7-Sphere Model**

*"Always remember that your real mission is to grow as a person, and for this purpose, you must keep yourself in a constant state of development." – Bruce Lee*

It has always been natural for human beings to strive for improvement, achieve more, and grow into better versions of themselves. This drive is a fundamental part of evolution. Since our earliest ancestors gazed at the starry night sky, we have sought to understand ourselves and the world around us. Each of us walks our own path, and each of us—whether consciously or unconsciously—longs to make that journey meaningful and to infuse life with purpose.

The first chapter of this book introduces the 7-Sphere Model, which serves as a compass for your journey. This model presents seven spheres—seven areas of life through which you can explore and develop yourself. Together, we

will navigate these spheres to examine different aspects of your life:

1. Inner peace
2. Health and energy
3. Relationships
4. Finances and career
5. Learning and renewal
6. Help and influence
7. Mission and life purpose

The 7-Sphere Model is grounded in a holistic approach to self-development and life improvement. It emphasizes balance and harmony among the different aspects of life, aiming to help you build a life that reflects your whole, diverse being.

Each of us experiences life differently, which is why our paths to self-development are unique. The purpose of this model is not to direct you in a single, rigid way but to equip you with the tools to create your own distinct path. And who knows what amazing discoveries and insights await you along the way?

## **The Model Background**

During different phases and areas of our lives, we encounter many challenges. These challenges—whether internal conflicts or unmet needs—are like bends and hills we must climb and descend, often perceiving them as obstacles. Some of these obstacles are straightforward,

meaning we can easily recognize them and attempt to bypass or overcome them. Others affect us indirectly and can be more complex to detect and address.

I have gone through many life experiences, setbacks, and turning points that have shaped both my views and me as a person. I have been deeply unhappy, I have experienced great moments of success, and I have stumbled and fallen. After each failure, I asked myself, “*What is stopping me?*” For a long time, I searched for reasons and scapegoats outside myself, trying to change what I could not control.

The idea of the 7-Sphere Model of self-development emerged from the realization that I needed to look within myself for answers. I came to understand that significant changes always begin internally. They originate in our minds, in our thoughts, and in the mental state we maintain most of the time. Our mind acts like soil where the seed of change is planted, providing the nutrients for growth.

I set out to find a tool—a universal solution—that would help me overcome challenges, fears, and internal obstacles, enabling me to succeed in life.

Over the years, I have delved deeply into the world of self-development. Countless books, audiobooks, seminars, podcasts, and training sessions have inspired me and contributed to my journey, offering insights into many aspects of life and helping me understand what self-development truly involves.

As I gathered information and experiences in the field of self-development, I noticed recurring themes and similarities between different approaches. I identified the seven most important aspects of life that form the basis of the 7-Sphere Model. My goal in developing this model was to create something both understandable and practical—comprehensive yet detailed. I aimed to refine and integrate

these seven aspects of life in a logical manner that best supports personal growth and development.

I immersed myself in numerous studies, theories, and methods, extracting valuable lessons from each and applying them to my own life. I sought to understand how these seven aspects of life related to other well-known theories, particularly Abraham Maslow's hierarchy of needs (Fig. 1). In this theory, Maslow divides basic human needs into different levels and argues that we must satisfy the needs of a lower level before we can advance to the next.

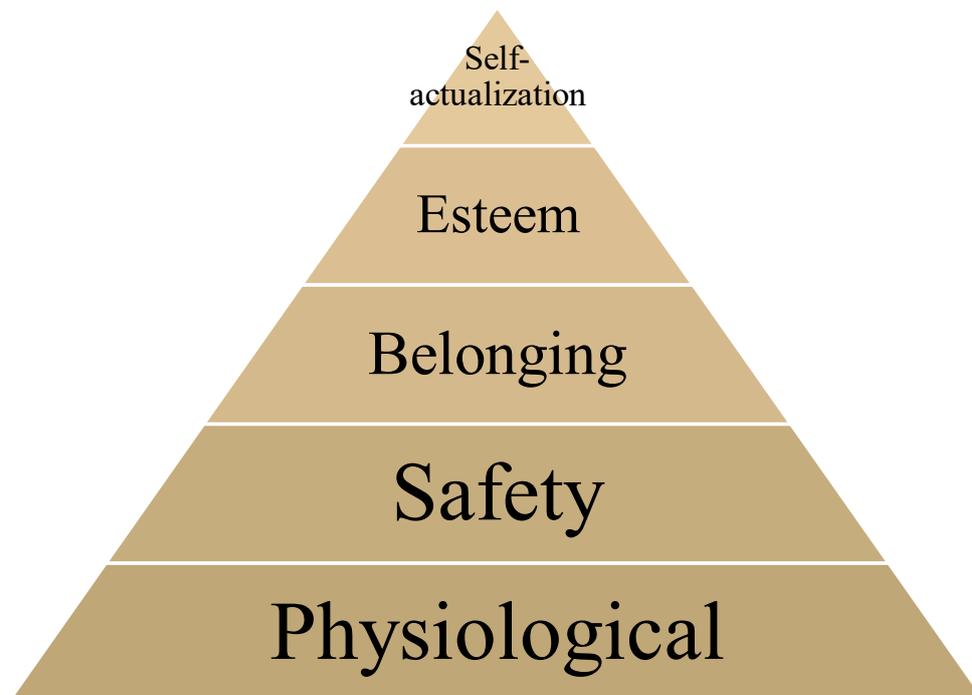


Figure 1. Hierarchy of needs (paraphrased by Maslow 1943)

Maslow's original hierarchical order of human needs is:

1. *Physiological needs* – Basic physical conditions for survival, such as food, water, and air to breathe.

2. *Safety needs* – Protection against various hazards.

3. *Belongingness and love needs* – Friendship, love, and group affiliation.

4. *Esteem needs* – Self-worth and gaining respect from others.

5. *Self-actualization needs* – Making full use of one's abilities, such as in work or parenting.

Later, Abraham Maslow added a sixth level to his hierarchy: *self-transcendence*. This level involves achieving something greater than oneself, such as finding a connection to a higher goal or a greater mission through spirituality, art, or charity (Fig. 2).

Regarding his hierarchy model, Maslow stated: “*If you plan to be any less than you could be, you’re likely to live unhappily ever after.*” These words resonate deeply and ignite a flame within us, urging us to find the courage to fully embrace who we are and strive for peak performance.

I began studying Maslow’s six-level hierarchy by comparing it with my own observations of life and its various aspects. I started with the basics of the hierarchy of needs: physiological needs and the need for security. Since safety and physiological needs form the foundation on which we build our health and physical fitness, they are essential for everyday well-being.

I examined these closely and noticed how they were directly linked to mental well-being (inner peace, the mental sphere) and physical condition (health and energy, the physical sphere).

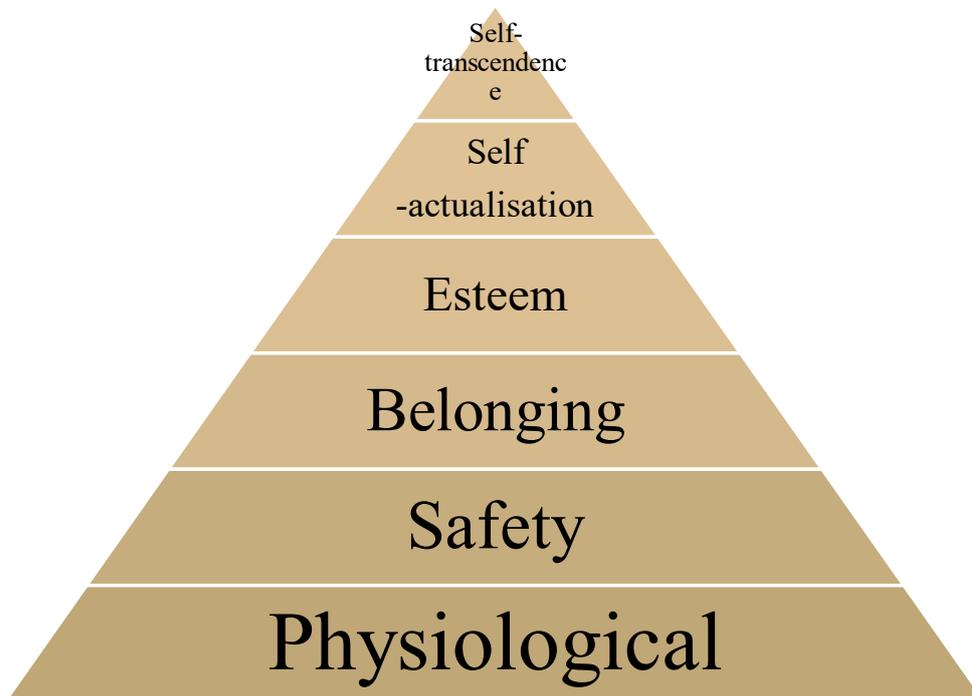


Figure 2. A hierarchy of needs in which self-transcendence is involved (Paraphrased by Maslow 1943)

The social need describes our desire to feel a sense of belonging and love. Family, friends, and loved ones are often the most important people who fulfill this need for us. Thus, Maslow's level of social need corresponds to the "Relationships" sphere in my 7-Sphere Model.

On the other hand, the levels of self-esteem and self-actualization in the hierarchy encompass both the "Finances and Career" sphere and the "Learning and Renewal" sphere. In this context, self-esteem and self-actualization reflect how we value ourselves and how we dare to face new challenges in our work life, learn new skills, and strive for new achievements.

At the top of Maslow's hierarchy is the need for self-transcendence. This need represents our supreme aspiration, which all other needs lead us toward. In my 7-Sphere Model,

it corresponds to both the “Helping and Influencing” sphere (the world level) and the “Mission and Life Purpose” sphere (the universe level).

This is how the 7-Sphere Model was born. I have always envisioned and described it as a cohesive entity which, when illustrated, took on the shape of a 7-Step Sphere. It resembles a cross-section of a sphere where every aspect of life exists on its own level. However, these spheres are not separate layers but are interconnected, forming a harmonious whole.

The development of the 7-Sphere Model would not have been possible without the important people and mentors who shared their wisdom with me. Most of them are no longer with us, but their teachings, wisdom, love, and support will forever remain with me. They are now also a part of this book.

The 7-Sphere Model has been a tool for unlocking my potential and achieving my dreams. It has helped me understand my strengths, the areas where I can exert influence, where I still need improvement, and how to best direct my energy and resources to achieve my goals. Over time, I have noticed that the model has also enhanced my understanding of my trainees and others, helping me assess their progress and support them in reaching their goals.

I am happy that now I can offer this template and share its secrets with you. I believe that you, too, can use this model in your own life to move toward a more meaningful and fulfilling existence.

Throughout this journey, you may encounter challenges and obstacles, but I hope that the model will help you find the courage, perseverance, and inspiration to keep moving forward toward your dreams and goals. Every step, every success, every challenge, and every climb are part of

your unique journey, and each step is a valuable opportunity for growth and learning.

Step by step, you will focus on setting goals in every aspect of life. You will work on creating momentum in your life, overcoming obstacles, and ultimately fulfilling yourself. Each level presents challenges and opportunities for growth and personal empowerment. As you progress through each sphere and apply the principles you learn, you will build a strong foundation for self-development and create the life you want to live.

## **Model Introduction and Basics**

Below is the structure of the 7-Sphere Model (Fig. 3), which follows a logical order inspired by Abraham Maslow's hierarchy of needs. It is important to note that this model does not represent a hierarchy of circles, as each aspect of life is equally significant and valuable. Although it is called the 7-Sphere Model, it is not a step-by-step framework but rather a representation of a continuous and cyclical process.

The essence of the model is that once you have successfully navigated one sphere and reached a satisfactory level, you progress to the next. After completing all seven spheres, you return to the first—this time with new insights and a deeper understanding. This cyclical journey allows you to keep evolving and to deepen your personal development across all aspects of life.

At the first level of self-development, the model emphasizes the *mind sphere* and *inner peace*. Since all significant changes begin within us, in our own minds, this sphere forms the core and foundation for further growth.

Nurturing your mind and cultivating inner peace provide the balance necessary to face life’s challenges effectively.

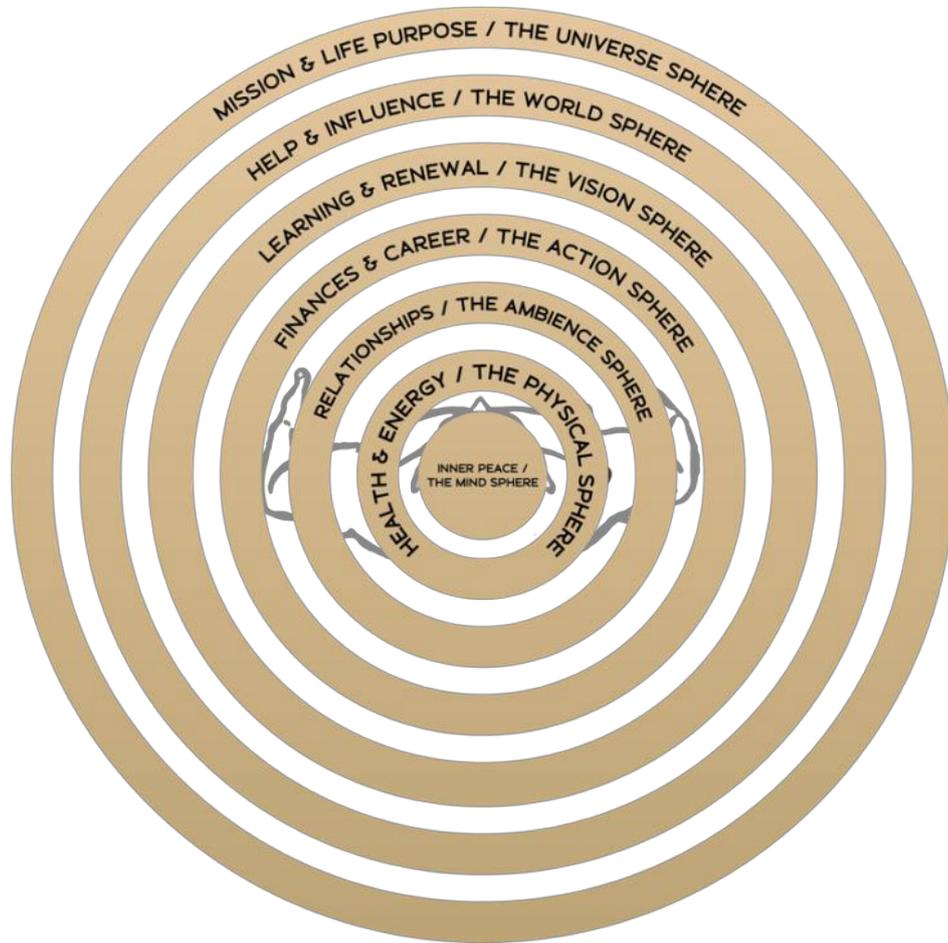


Figure 3. 7-Sphere Model (Saks 2021)

The second level focuses on the *physical sphere: health and energy*. This level covers essential aspects that support further self-development, such as physical well-being, vitality, fitness, and appearance—all of which significantly impact our quality of life. The second sphere addresses everything related to maintaining and enhancing our physical condition.

The third level is dedicated to the *ambience sphere: relationships*. This crucial aspect of life often requires considerable effort and greatly influences our enjoyment of life. Family, love, and friendship are central values for many people. At this level, we concentrate on developing social skills, which shape our relationships and enhance our overall quality of life.

The fourth level, the *action sphere*, encompasses *finances and career*. This sphere involves activities that affect your life and that of your family through endeavors such as entrepreneurship and professional pursuits. It focuses on career development, financial stability, and self-realization—aiming not only at livelihood but also at professional growth and achievement.

The fifth sphere pertains to *learning and renewal*, also known as the *vision level*. This level includes expanding your sphere of influence and pursuing new heights. It is a vital area for self-development, fostering growth by challenging yourself and striving for new accomplishments.

The sixth sphere, positioned at the *world level*, covers *help and influence*. Here, the focus shifts from the personal to the global—from individual concerns to broader social impact. This sphere addresses questions of what you can contribute to humanity through spirituality, charity, and service.

The seventh level, the *universe sphere*, represents the *mission and life purpose*. It integrates all preceding levels and helps answer profound questions such as “*What is the purpose of my life?*” and “*Why am I who I am?*” This sphere emerges once you have navigated the previous levels, leading you back to introspection and continuing your journey of self-development.

Each sphere corresponds to fundamental needs and goals. By focusing your energy on these spheres, you can experience deeper satisfaction and happiness in your life. The 7-Sphere Model acts as a tool for achieving harmonious and holistic development.

You will notice that these spheres form a cohesive whole. According to the model, the seven areas of life are interconnected rather than isolated. Growth in one area positively influences others, creating a ripple effect of improvement. As you seek a better quality of life and balance, you will observe enhancements across all seven spheres.

Understanding the theory clarifies life's direction, but it is essential to highlight a few key principles related to the 7-Sphere Model of self-development.

#### **The 4 Rules of the 7-Sphere Model:**

1. **The Rule of Equivalence:** All seven spheres are equally important; none holds greater significance than the others. Each sphere contributes to your overall well-being and personal growth.

2. **The Rule of Interaction:** The spheres are interconnected, influencing one another in various ways. Progress or changes in one sphere can affect the others, underscoring the importance of considering their interactions.

These foundational rules lead to two additional principles central to my self-development model:

3. **The Rule of Balance:** Achieving balance among the seven spheres is essential. Each sphere should be

developed harmoniously to ensure overall equilibrium in your life.

**4. The Maintenance Rule:** Goals in each sphere should be designed to support and complement other areas. No single objective should undermine the progress or stability of the others.

To illustrate these rules, consider the following example. The journey of self-development is multifaceted and dynamic, and these principles serve as a guiding light on this path. They ensure that your development remains balanced and harmonious, helping you to become the best version of yourself.

### **A Coaching Example: Applying Balance**

One of my coaching clients identified financial issues as her biggest challenge. She was constantly struggling with money, taking out new loans to repay old ones. Additionally, she noted a decline in her physical condition and hoped to find more time for exercise in her daily routine.

At the beginning of our coaching sessions, she presented her goal list, which looked like this:

- 1. Buy a gym membership*
- 2. Find a personal trainer*
- 3. Eat healthy...*

I was aware that she smoked, and I was surprised to see that quitting smoking was only listed sixth, while reducing alcohol consumption wasn't mentioned at all.

In my coaching sessions, I emphasize the importance of balance across all areas of life, aiming for a journey of self-development that brings joy and satisfaction. I explained to her that, while her health goals were commendable, there were other significant challenges—such as her financial difficulties—that she needed to address. I suggested she consider solutions that would improve her condition while also helping her save money and manage her debts. I encouraged her to incorporate financial considerations into every aspect of her life. After our discussion, her revised goal list looked like this:

- 1. Quit smoking – saving about 100 euros per month.*
- 2. Reduce wine consumption – saving about 50 euros per month.*
- 3. Download a free workout app and schedule a half-hour workout every morning – saving money that would have been spent on a gym membership and using the saved time to acquire career-enhancing skills.*
- 4. Go for a daily walk and start running when ready. During runs, listen to audiobooks and podcasts that support both health and financial goals.*
- 5. Surround myself with supportive people and spend more time with them – saving significantly on beverage purchases for myself and friends.*

Although this list is not exhaustive, and the other goals of the trainee are not mentioned here, it clearly demonstrates how central the rule of balance is. The client gained confidence and motivation as she realized that her revised goals were mutually supportive rather than conflicting.

By following the 7-Sphere Model of self-development, you commit to your goals and work patiently toward achieving them across all seven areas. Personal growth and development are among life's most enriching experiences. Every challenge or setback is an opportunity to rise to a new level—whether as a leader, employee, or individual. Each step you take toward becoming a better version of yourself and reaching your full potential profoundly impacts every aspect of your life.

This 7-Sphere journey offers a continuous process of discovering new opportunities for growth and learning. Each day and every encounter provide fresh insights and lessons. Committing to this path of ongoing improvement will bring about deep and meaningful change. You will grow stronger, wiser, and more confident. Your skills will develop, your relationships will deepen, your health and well-being will improve, your work and finances will thrive, your intelligence and creativity will expand, and your inner peace and influence will be enhanced. Through this holistic approach, all seven areas will harmonize, creating a balanced and fulfilling life experience.