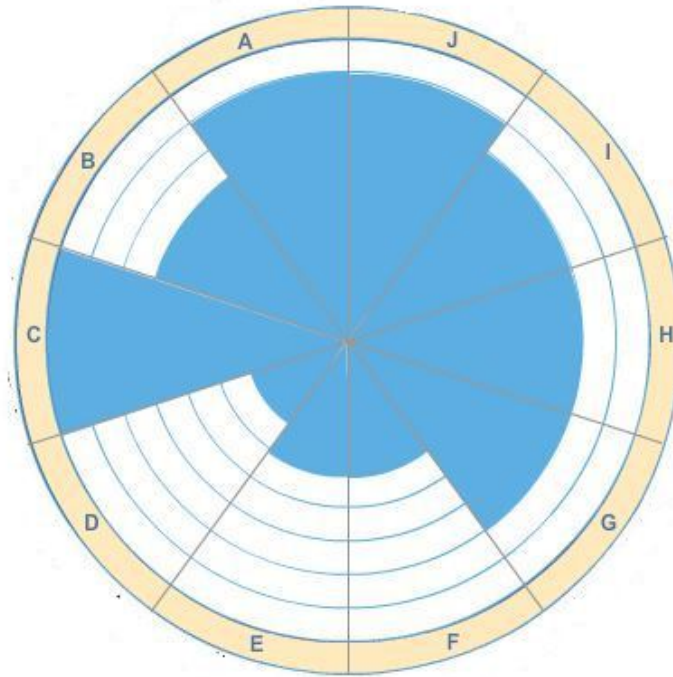


Wheel of Life Instructions

All of us have many aspects to our lives that draw our attention and energy. This exercise works under the belief that if there is some balance across these different aspects of our lives we will be happier, healthier and have more energy.

To begin the exercise, first answer the Wheel of Life questions on the following pages.. Then transfer the number of "True" statements that you had in each section to the wheel. Each circle within a section represents one true answer. Example of a completed wheel.

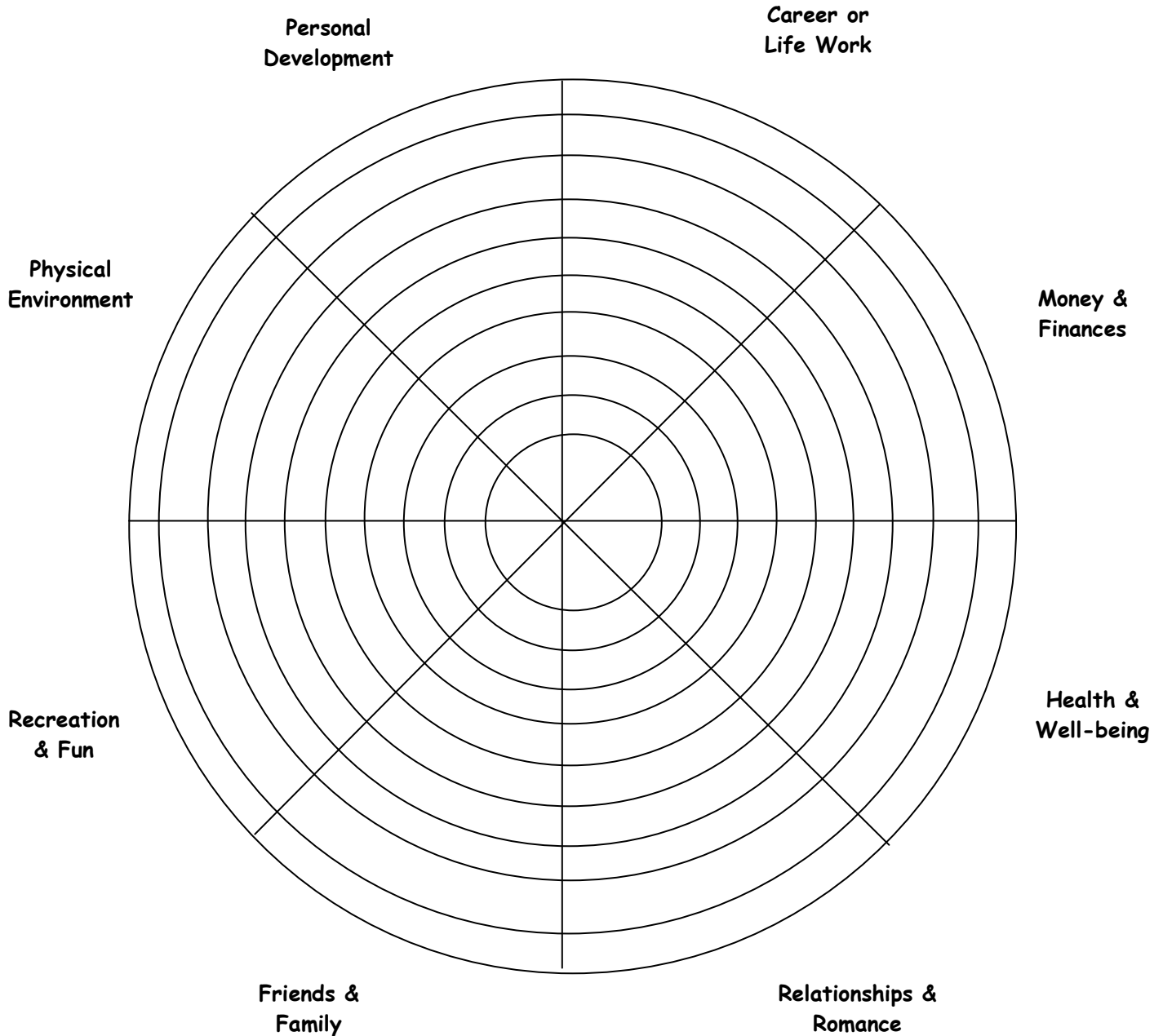
Wheel of Life



You can also do this exercise online at:
http://www.mindtools.com/pages/article/newHTE_93.htm

How Smooth is Your Ride?

Directions: The eight sections in the Wheel of Life represent Life Balance. What does the perimeter of your wheel look like? How smoothly do you roll along?



WHEEL OF LIFE QUESTIONS

Section 1: Personal Development

1. I often put myself first. Without extreme self-care I cannot "be there" for others.
2. I try to do something every day that gives me joy.
3. I am the person I always wanted to be.
4. I know what I have a real passion for.
5. I am thoughtful and positive when time I speak, yet I still say what I need to say.
6. I have learned to say no and understand that "NO." is a complete sentence which needs no further explanation.
7. I have fully forgiven those people who have hurt/damaged me, deliberate or not.
8. I am a person of his/her word; people can count on me.
9. I make decisions based on my integrity first, needs second, and wants third.
10. I have set boundaries for myself that I don't allow others to cross.

True: _____

Section 2: Career or Life Work

1. I enjoy my job and going to work each day.
2. I am on a career or life work track which is or will soon be financially and personally rewarding.
3. My work environment is productive and inspiring. (cooperative, supportive, enough resources; no undue pressure)
4. I have few confrontations or conflicts at work.
5. I know how much I am worth.
6. I am computer literate.
7. I have learned to respond rather than react.
8. I always do at least 100% so that things don't come back to "bite me."
9. I know how to delegate.
10. I am up to date with all of my mail and e-mail.

True: _____

Section 3: Money & Finances

1. My taxes are organized and up-to-date.
2. I pay my bills on time.
3. I live within my means.
4. I have a financial plan for the next year.

5. My credit rating is excellent.
6. I have a regular savings plan.
7. I have adequate insurance coverage.
8. I have a plan for long-term savings and retirement.
9. I budget my money so I know just how much I should spend.
10. My will is up to date and accurate.

True: _____

Section 4: Health & Well-Being

1. I eat well balanced, healthy meals.
2. I limit the amount of sweets I eat. (Less than 3 times per week.)
3. I participate in physical activity/exercise at least 3 times per week (walking, running, swimming, gardening)
4. I eat at least four servings of fruits and/or vegetables every day.
5. My teeth and gums are healthy and I have seen a dentist in the last year.
6. I get the sleep I need to feel fully rested.
7. I am aware of any physical or emotional problems or conditions, and I am fully taking care of them.
8. My weight is within my ideal range.
9. I have get regular check-ups for my vision and hearing.
10. I have a spiritual or religious practice in my life.

True: _____

Section 5: Relationships & Romance

1. I have a romantic partner in my life.
2. There is nothing unresolved with past loves or spouses.
3. I know where to go in order to meet people of similar interests.
4. I am fully caught up with letters and calls.
5. I quickly clear miscommunications and misunderstandings when they do occur.
6. I always tell the truth, no matter what.
7. I do not gossip or talk about others.
8. I receive enough love from people around me to feel good.
9. There is no one who I would dread or feel uncomfortable "running across." (In the street, at an airport or party)
10. I do not judge or criticize others.

True: _____

Section 6: Friends & Family

1. I have a best friend or soul-mate.
2. I have told my parents (living or not), in the last 3 months that I love them.
3. I feel my immediate family is supported by the rest of our family.
3. I get along well with my sibling(s).
4. I have no unresolved conflicts with a family member.
5. I have quality friendships in my life.
6. I am part of a loving and supportive community.
7. I put people first and results second
8. I have let go of the relationships which drag me down or damage me.
9. I spend time with people who don't try to change me.
10. I have communicated or attempted to communicate with everyone who I have damaged, injured or seriously upset, even if it wasn't fully my fault.

True: _____

Section 7: Recreation & Fun

1. I have a rewarding life beyond my work or profession.
2. I have personal interests that I pursue.
3. I find time to read (for enjoyment) daily.
4. I consistently take evenings, weekends and holidays off.
5. I have a hobby.
6. I do not speed or tailgate when I'm driving; I am not in a hurry.
7. I schedule time just for myself at least once a week.
8. I have at least one vacation scheduled this year and am looking forward to it.
9. I prioritize my daily activities so I have time for all of the ones I really care about.
10. I share fun times with those I enjoy being with.

True: _____

Section 8: Physical Environment

1. I live in the part of the country/state that I choose.
2. I live in a home/apartment that I like and enjoy.
3. I like my neighborhood.

4. My home appliances, machinery and equipment work well.
5. My car is in good, reliable condition. (Doesn't need repairs, cleaning or replacing).
6. My closets and/or basement are neat and uncluttered.
7. I surround myself with things that make my life more enjoyable.
8. My plants and animals are healthy. (Fed, watered, getting light and love).
9. My home environment(s) is not cluttered to the point that it causes me stress.
10. I have a place in my home that I can retreat to that is comfortable and quiet.

True: _____