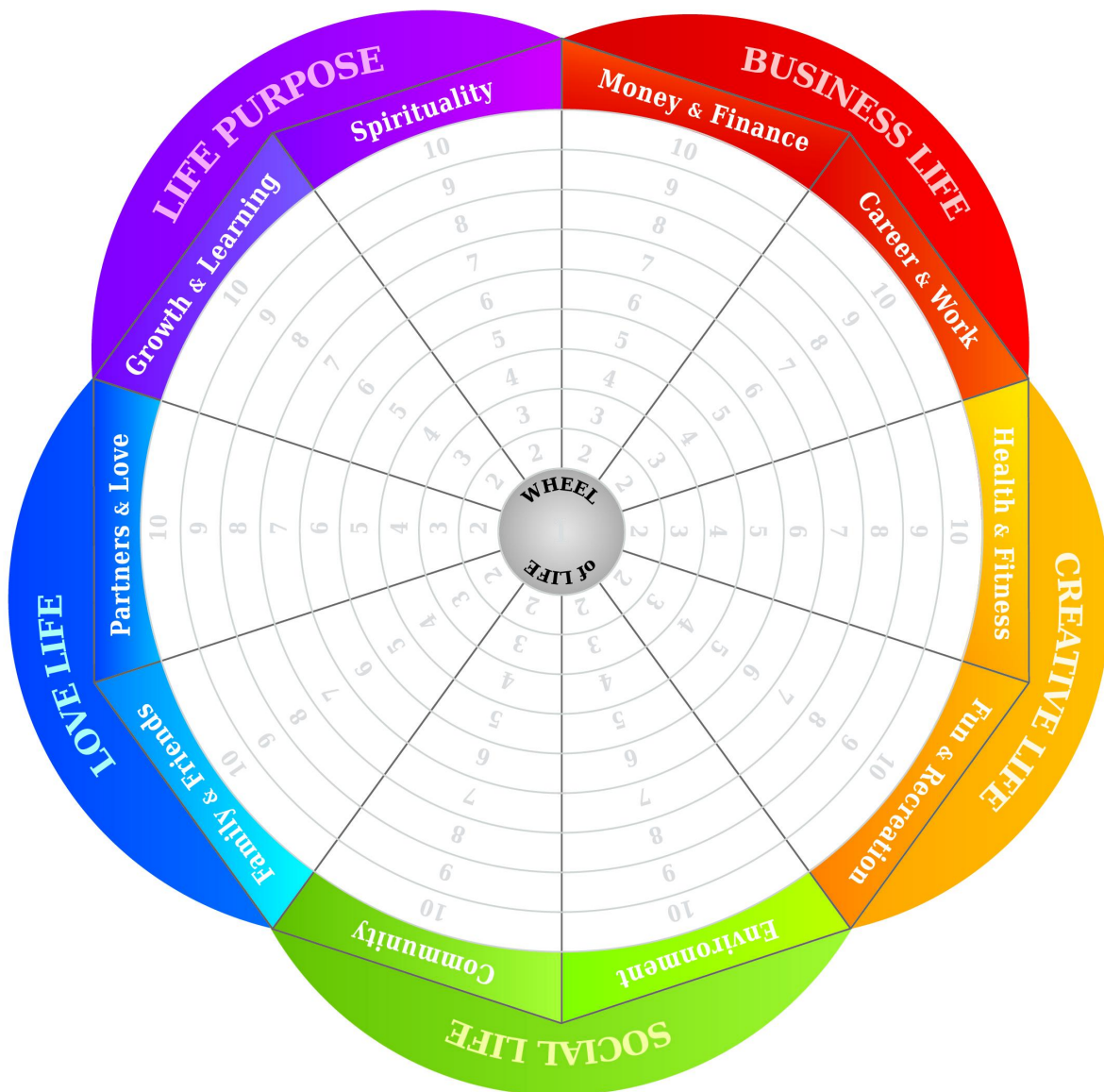


Life Wheel:

Rate your level of **satisfaction** for each area on a **scale of 1-10, where 10 is the greatest satisfaction**. Fill in the slice from the center outward, based on your rating . For a rating of 5, fill in the slice from the center halfway to the outer edge. For a rating of 10, the slice would be filled in completely.



Physical: Check all that apply				
Star if you want to improve	Regularly	Sometimes	Rarely	Activity
☐	☐	☐	☐	Eat healthy
☐	☐	☐	☐	Take care of my hygiene
☐	☐	☐	☐	Exercise
☐	☐	☐	☐	Dress to feel good about myself
☐	☐	☐	☐	Eat regularly
☐	☐	☐	☐	Be active and have fun
☐	☐	☐	☐	Get enough sleep
☐	☐	☐	☐	Take preventative health measures
☐	☐	☐	☐	Rest when sick
☐	☐	☐	☐	Take breaks when needed
☐	☐	☐	☐	Overall Physical Self Care

Emotional: Check all that apply				
Star if you want to improve	Regularly	Sometimes	Rarely	Activity
☐	☐	☐	☐	Take time for myself
☐	☐	☐	☐	Participate in my hobbies
☐	☐	☐	☐	Turn off my electronics
☐	☐	☐	☐	Learn things unrelated to work
☐	☐	☐	☐	Express my feelings in a healthy way
☐	☐	☐	☐	Recognize my own successes
☐	☐	☐	☐	Take vacations/getaways
☐	☐	☐	☐	Participate in comforting activities
☐	☐	☐	☐	Laugh
☐	☐	☐	☐	Share and talk about my problems
☐	☐	☐	☐	Allow myself to feel in the moment
☐	☐	☐	☐	Overall Emotional Self Care

Social: Check all that apply				
Star if you want to improve	Regularly	Sometimes	Rarely	Activity
☐	☐	☐	☐	Spend time with people I enjoy
☐	☐	☐	☐	Meet with people face-to-face
☐	☐	☐	☐	Keep in touch with long-distance family
☐	☐	☐	☐	Have stimulating conversation
☐	☐	☐	☐	Meet new people
☐	☐	☐	☐	Spend time alone with loved ones
☐	☐	☐	☐	Ask for help when needed
☐	☐	☐	☐	Have fun with my friends and family
☐	☐	☐	☐	Make time for intimacy
☐	☐	☐	☐	Leave my comfort zone
☐	☐	☐	☐	Avoid basing my reality on social media
☐	☐	☐	☐	Overall Social Self Care
Spiritual Self Care: Check all that apply				
Star if you want to improve	Regularly	Sometimes	Rarely	Activity
☐	☐	☐	☐	Spend time in nature
☐	☐	☐	☐	Meditate
☐	☐	☐	☐	Pray
☐	☐	☐	☐	Spend time in quiet
☐	☐	☐	☐	Recognize what gives my life meaning
☐	☐	☐	☐	Act in alignment with my values and morals
☐	☐	☐	☐	Set aside time for thought and reflection
☐	☐	☐	☐	Participate in causes that I find important
☐	☐	☐	☐	Enjoy what moves me (art, music, theater)
☐	☐	☐	☐	Overall Spiritual Self Care

Professional Self Care: Check all that apply				
Star if you want to improve	Regularly	Sometimes	Rarely	Activity
☐	☐	☐	☐	Improve my professional skills
☐	☐	☐	☐	Say "no" when I am overwhelmed
☐	☐	☐	☐	Take on interesting and rewarding projects
☐	☐	☐	☐	Learn new professional skills
☐	☐	☐	☐	Build and maintain relationships with colleagues
☐	☐	☐	☐	Take breaks during work hours
☐	☐	☐	☐	Maintain a balance between personal and professional
☐	☐	☐	☐	Keep a workspace that allows me to be successful
☐	☐	☐	☐	Know and ask for what my time and skills are worth
☐	☐	☐	☐	Advocate for fair wages, benefits, and other needs
☐	☐	☐	☐	Maintain a system that promotes productivity
☐	☐	☐	☐	Keep a calendar/schedule/plan with clear action items
☐	☐	☐	☐	Reward myself for a job well done
☐	☐	☐	☐	Communicate with my colleagues
☐	☐	☐	☐	Create a work environment in which my team and I can excel
☐	☐	☐	☐	Assess my work so that I may grow and improve
☐	☐	☐	☐	Overall Professional Self Care

Tolerations:

Most people are busy, active, sometimes overwhelmed, or short on time. Often, when we are in motion, we set things to the side for later. These items we set aside, whether it be a messy desk or that email you meant to respond to, are all left for “tomorrow.”

The trouble with saying “I will tomorrow” or “later” is often we don’t make time for it tomorrow or later. As these items stack up in our lives, they create stress and clutter in our heads as well. Mental clutter can slow us down, make us scattered, and drain our energy. Let’s take a moment to explore what you may be tolerating.

In the two exercises before this, we asked you to look at your satisfaction and self-care. Did you feel dissatisfied or star “want to improve?” Is there anything you have been meaning to do or have been tolerating? Please explain in 2-3 sentences.

<u>Physical</u> Eating for convenience even though it is unhealthy and damaging, neglecting our appearance, and not sleeping enough are all examples of physical toleration.	Is there anything you have been meaning to do, or have been tolerating? Please explain in 2-3 Sentences
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Emotional

Being overly emotional, catastrophizing, acting out of anger, and being overly critical of yourself or others are all examples of emotional toleration.

Is there anything you have been meaning to do or have been tolerating? Please explain in 2-3 Sentences

Social

Allowing double standards, promising more than you are capable of, allowing boundaries to remain unenforced, and maintaining unhealthy, one-sided relationships are examples of social toleration.

Is there anything you have been meaning to do or have been tolerating? Please explain in 2-3 Sentences

Spiritual

Acting in contradiction to your beliefs and values and feeling like what you are doing is unfulfilling or without purpose are examples of spiritual toleration.

Is there anything you have been meaning to do or have been tolerating? Please explain in 2-3 Sentences

Professional

Keeping a messy workspace, not maintaining a schedule, putting off responsibilities, and not planning for the future are all symptoms of workplace toleration.

Is there anything you have been meaning to do or have been tolerating? Please explain in 2-3 Sentences

Goals

Keeping the previous exercises in mind, choose 1 goal in each area.

What is a physical goal for you?	
Why is this goal important to you?	What's kept you from achieving this goal?

What is an emotional goal?	
Why is this goal important to you?	What's kept you from achieving this goal?

What is a social goal for you?	
Why is this goal important to you?	What's kept you from achieving this goal?

What is a spiritual goal for you?	
Why is this goal important to you?	What's kept you from achieving this goal?

What is a professional goal for you?	
Why is this goal important to you?	What's kept you from achieving this goal?

What is an additional goal for you?	
What makes this goal important to you?	What's kept you from achieving this goal?