

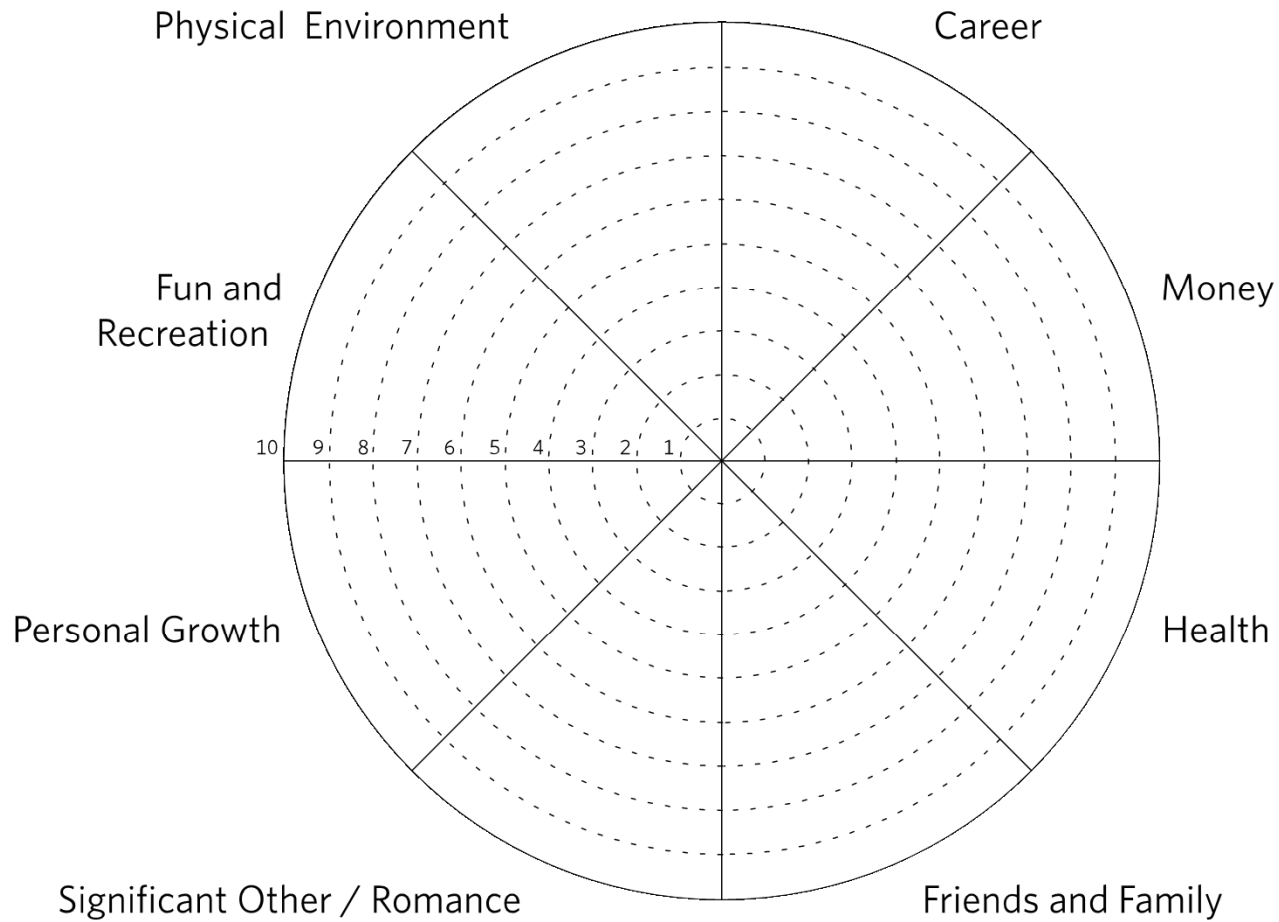
Health & Wellness

We must practice excellent self – care in order to be effective at this work. We are the tools of our trade and for any job to be done well, the tools need to be maintained with care.

Wheel of Life Exercise

The Wheel of Life is an exercise of self-awareness and perspective you can use to make the invisible areas of your life visible. So many immediate “urgent” matters can grab our attention that we miss the big picture. Using the wheel identifies our areas of **risk** and **need** and allows us to develop a **responsivity** to ourselves that keeps us effective as therapists.

Your Whole Life



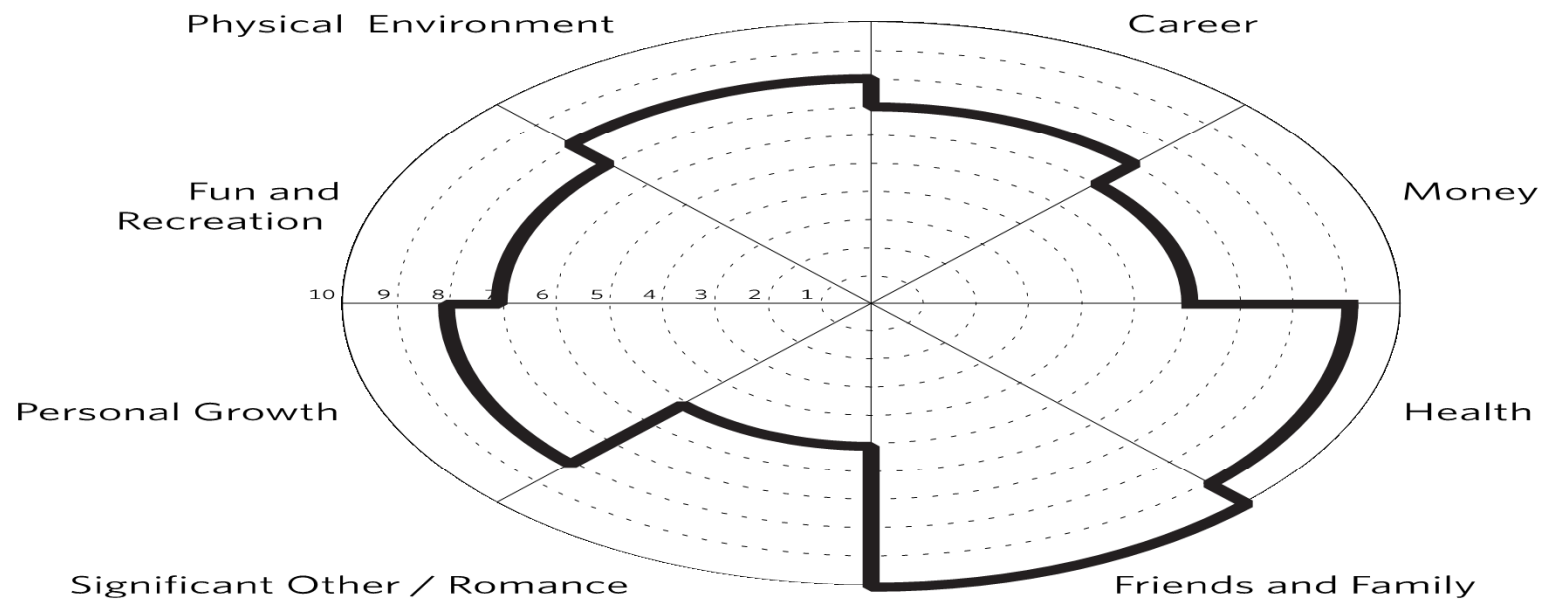
Using the Wheel of Life

- **Directions:** This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in these areas on the day you work through this exercise. Taking the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's start to look at areas where you want to improve your level of satisfaction and think about what you might do to accomplish that.

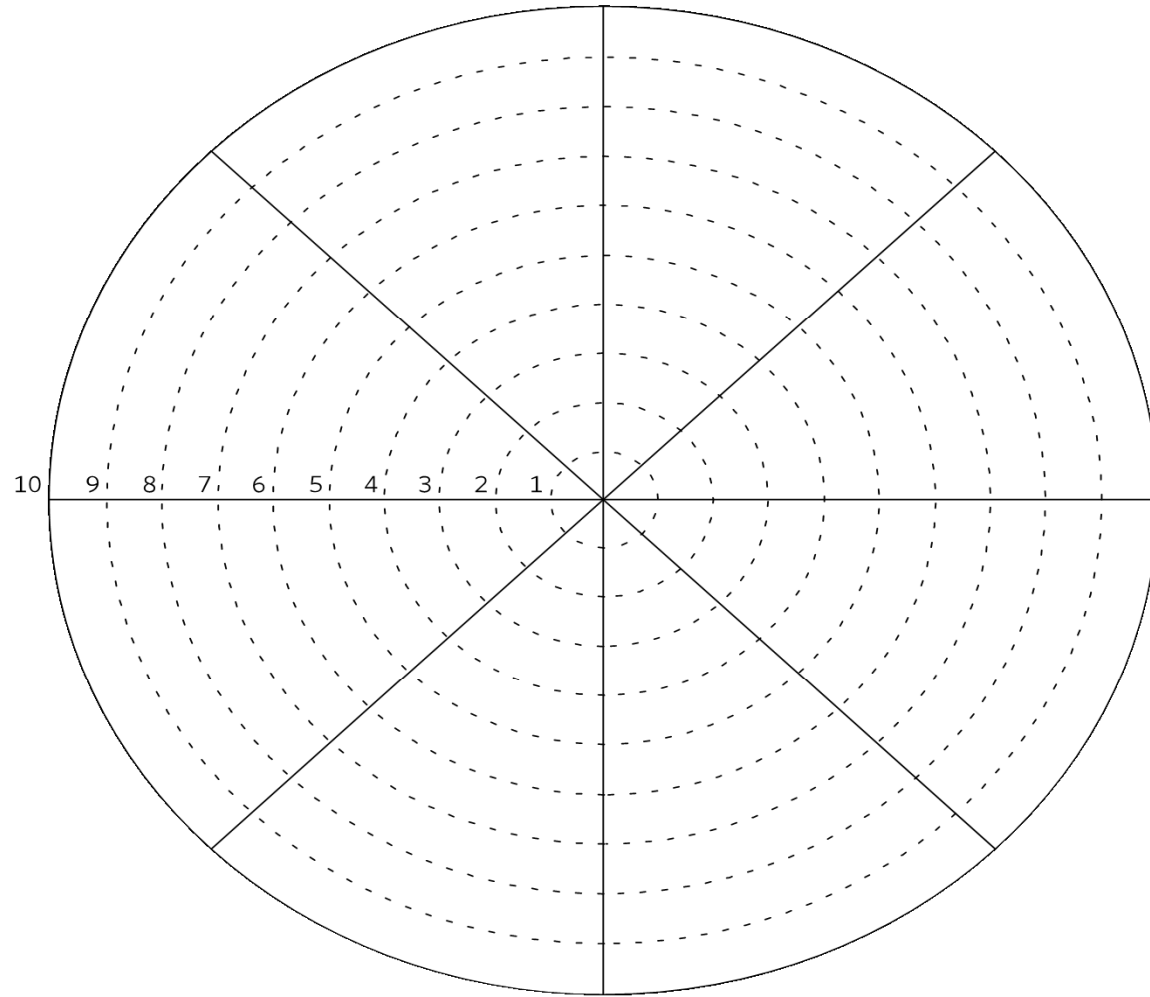
How it might look scored

Wheel of Life Exercise cont'd

Example



Blank Wheel



How Protected Are You From Secondary Trauma?

Flexibility

Technical Competence

Self Confidence

Empathy

Patience

Integrity

Honesty

How Are You With Excellent Self-Care?

Eating

Sleeping

Exercise

Socializing

Laughing

Healing

Playing

Spiritual Practice

Alone Time

Physical Pleasure

Finances

Hobbies

Positive Thinking

Shopping

Sports

Organizing

What About Your Relationship Health?

Trust of Opposite Sex

At Peace With The Past

Emotional Health

Confidence in Self

Financial Well Being

Authentic Self Expression

Clear Vision For Future

Positive Role Models

You Can Even Assess Your “Big 8” RNR Factors

History

Personality

Attitude

Associates

Relationships

Work/School

Leisure Time

Substance Abuse

A “0” indicates Antisocial and a “10” indicates Prosocial in each area.

Questions To Ask Yourself

What did I learn?

What surprised me?

What areas are interconnected?

What area is most emotionally charged?

What area gives greatest satisfaction?

What area is calling out for a change?

Action and Accountability

1. Pick an area calling out for a change.
2. What action step will shift it a couple of points in the direction I want it to go?
3. Am I willing to take that step?
4. Do I want to use a SMART goal or Stretch?
5. When will I start?
6. What exactly will I do?
7. How will I know when I have done it?
8. Will I connect with someone to design an accountability support?

Accountability Agreements

- We hold ourselves accountable and request others to support us.
- It's an agreement with another person to check in to measure the action we have taken and report on the learning gained.
- It keeps us on track in an empowering, non-judgmental way.

Accountability Questions

- What will you do?
- When will you do it?
- How will I know it's done?

SMART Goals

live in the territory of the “Doing” aspect of life.

They are actions that are:

Specific

Measureable

Accountable - Achievable

Resonant - Relevant - Realistic

Time-bound - Thrilling

... which lead to the accomplishment of a goal.

A Stretch

lives in the territory of the “Being” aspect of life.

- What kind of person do I want to be?
- What’s the experience of myself that I want to have?
- What is calling me to become greater?
- What will stretch me out of my comfort zone?

- Make a commitment to being that.
- Stretch into it.
- Set Accountability if you choose.

Last Words

Excellent self-care is not a
one-walk dog.

It's a lifelong practice that
brings us joy.