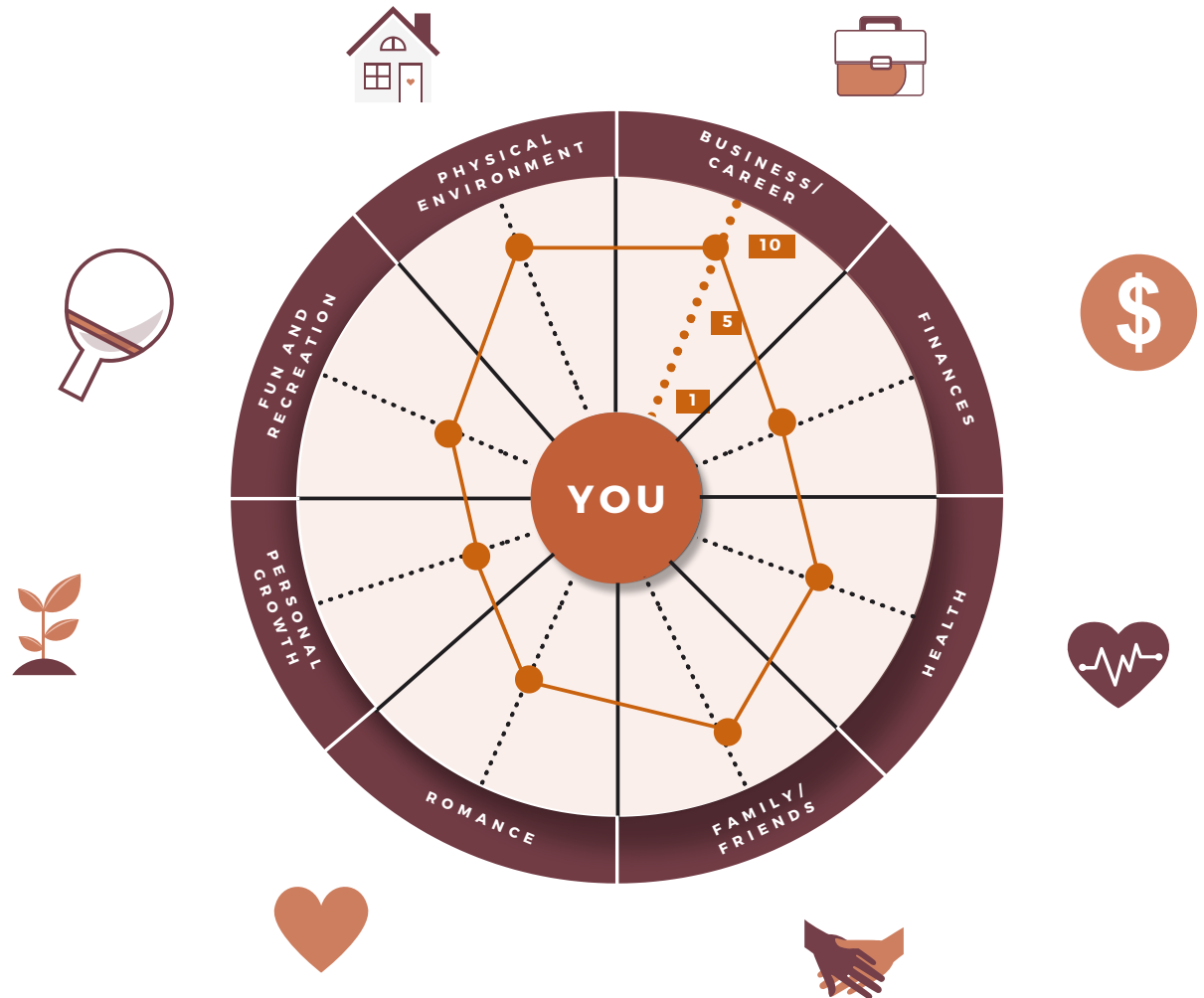
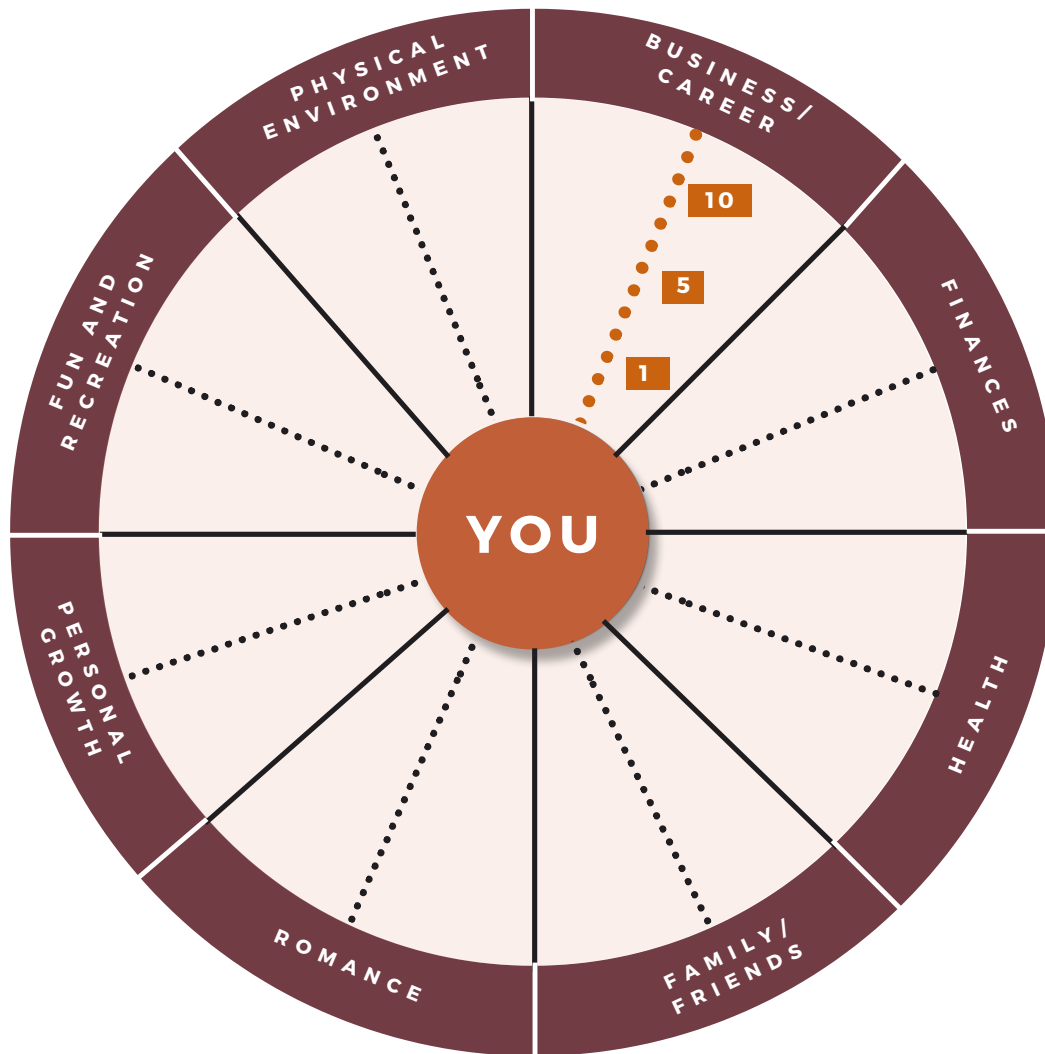


# WHEEL OF ENERGY

The wheel of energy consist of eight segments representing eight universal areas of life. Your satisfaction with each area on the wheel is rated from 1 to 10 (1= low satisfaction 10= high satisfaction). After the ratings have been plotted within each segment, the dots are connected across the segments to provide a visual representation of your overall life balance.

Completed wheels serve as a springboard for restructuring your life to better reflect your goals and values. The wheel allows you to visualize how intention and energy might be redirected to produce greater satisfaction in your life.

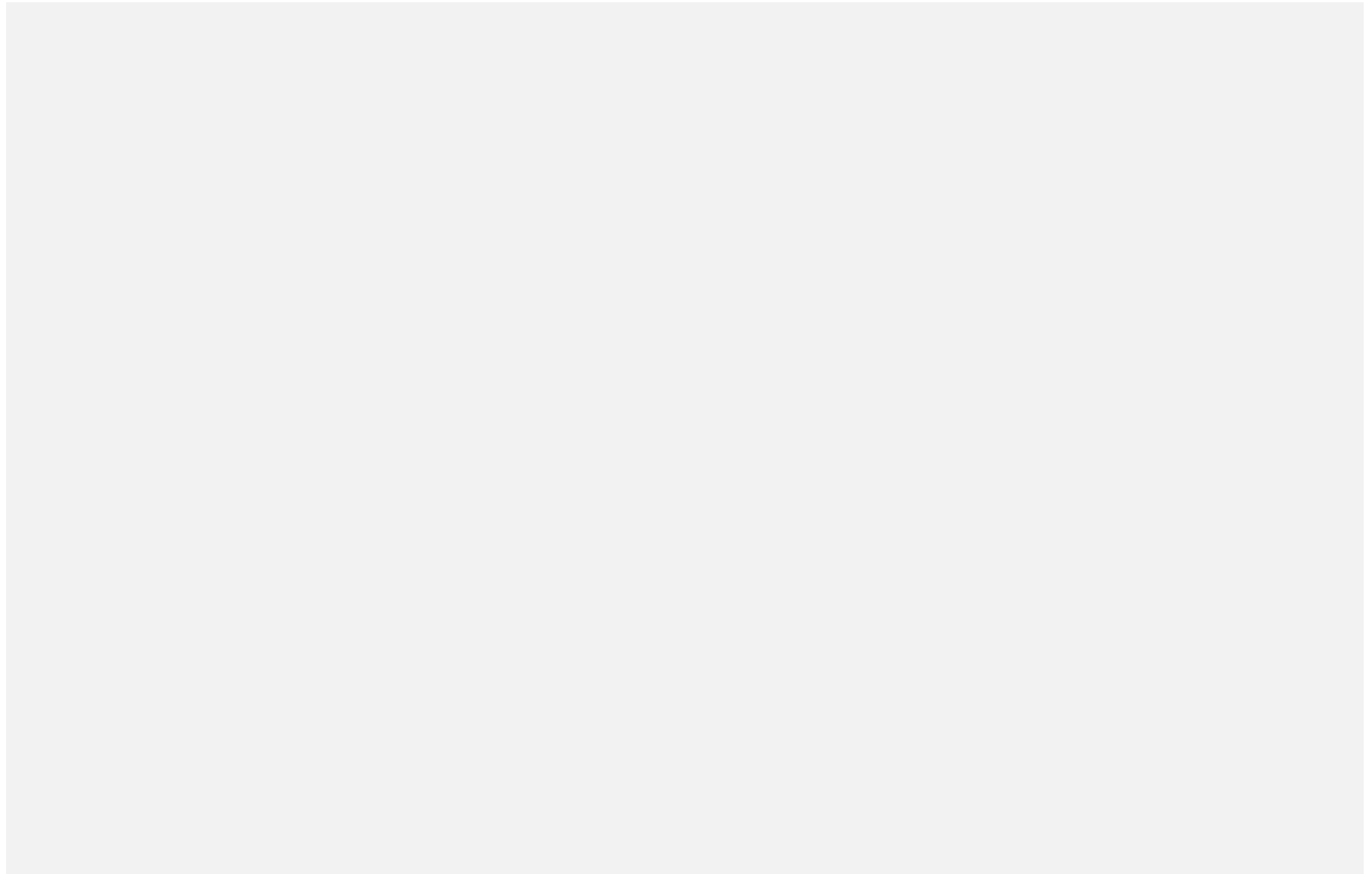




**Part 1:** Take a few moments to reflect on each segment of the wheel. Consider your overall satisfaction with each area of life and record your ratings. Then, connect the dots across the segments.

**Part 2:** After completing your wheel, reflect on how you feel about the finished product. Did anything surprise you? Do you notice any apparent imbalances? Are there areas you would like to improve? What would improvement look like in those areas? What would be the first step to making those improvements?

Use the space on Page 3 to write down your thoughts.



### **Part 3:** Additional reflection

How fully engaged are you in your work? What is standing in your way?

How closely does your everyday behavior match your values and serve your mission? Where are the disconnects?

How fully are you embodying your values and vision for yourself at work? At home? In your community? Where you are falling short?

How effectively are the choices that you are making physically— your habits of nutrition, exercise, sleep and the balance of stress and recovery— serving your key values?

How consistent with your values is your emotional response in any given situation? Is it different at work than it is at home, and if so, how?

To what degree do you establish clear priorities and sustain attention to tasks?

How consistent are those priorities with what you say is most important to you? Now take this inquiry one step further, and make it more open-ended. If energy is your most precious resource, how well do you manage it relative to what you say matters most?

How do your habits of sleeping, eating and exercising affect your available energy?