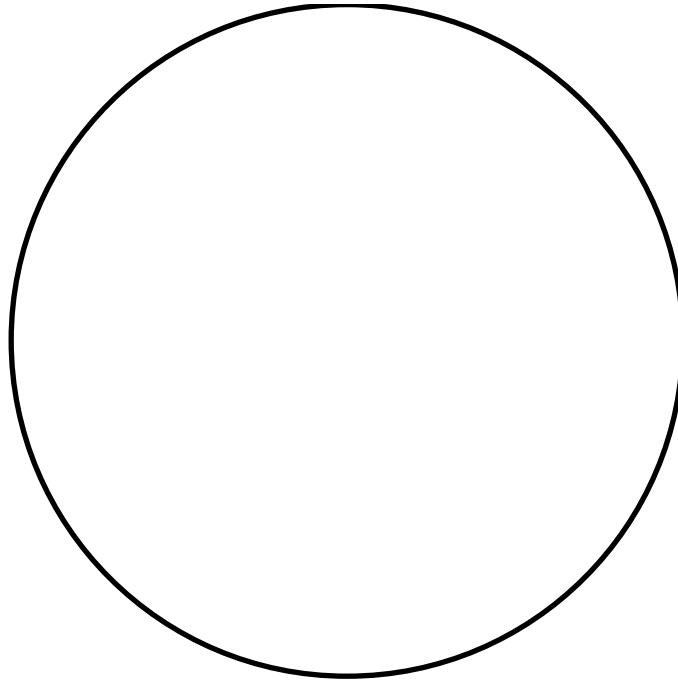


YOUR WELLNESS CIRCLE



- Imagine that the space within the circle below represents all of your available time and energy. Consider the ratio between the amount of your time and attention you currently focus on self-care, the amount you focus on other-care, and the amount that you focus on work. Then divide the circle into three pieces that represent this ration and label each segment. Of course, you can't be absolutely sure, so just make the best estimate you can of the balance in your life right now.

Note: If you don't have any idea how you're spending your time and energy these days, keep track of your activities for a week; then come back and complete this exercise. Don't forget the time you spend on Facebook, email, browsing the internet, gaming, etc.

- Next, using dotted lines, divide your self-care portion into segments that accurately represent your current time and energy investment in the four aspects of self-care: physical, mental, relational, and spiritual. Label each slice.
- In the same way divide the other-care portion to reflect your present time investment in family, friends, and reaching out to others in your community. Label each section.
- Finally, divide the work section of your circle to represent your current investment in your job and service to causes that are important to you. Label the slice appropriately.

Consider your investment in self-care, other-care, and in work.

1. What is your primary commitment in self-care (the biggest slice of the self-care segment)?
2. What is your primary commitment in other-care?
3. What is your primary commitment to meaningful work and causes?
4. How do you feel about your healthy balance as represented by your overall division of this circle? Will this balance be sustaining for you over the long run?
5. How does this picture fit with your personal values and priorities?
6. Would you like to adjust your time and energy spending patterns in any way?
7. Would you like to increase the size of any investments? Which ones?
8. Which slice or slices would you be willing to reduce to reinvest more time in your other priorities? The tendency to cheat here is strong. Be honest! When you increase your commitment in one area, you'll have to decrease it in another. If you'd like to add in something new, but you're unwilling to cut anything out, you're not only fooling yourself, but also setting yourself up for failure.