

How Smooth is Your Ride?

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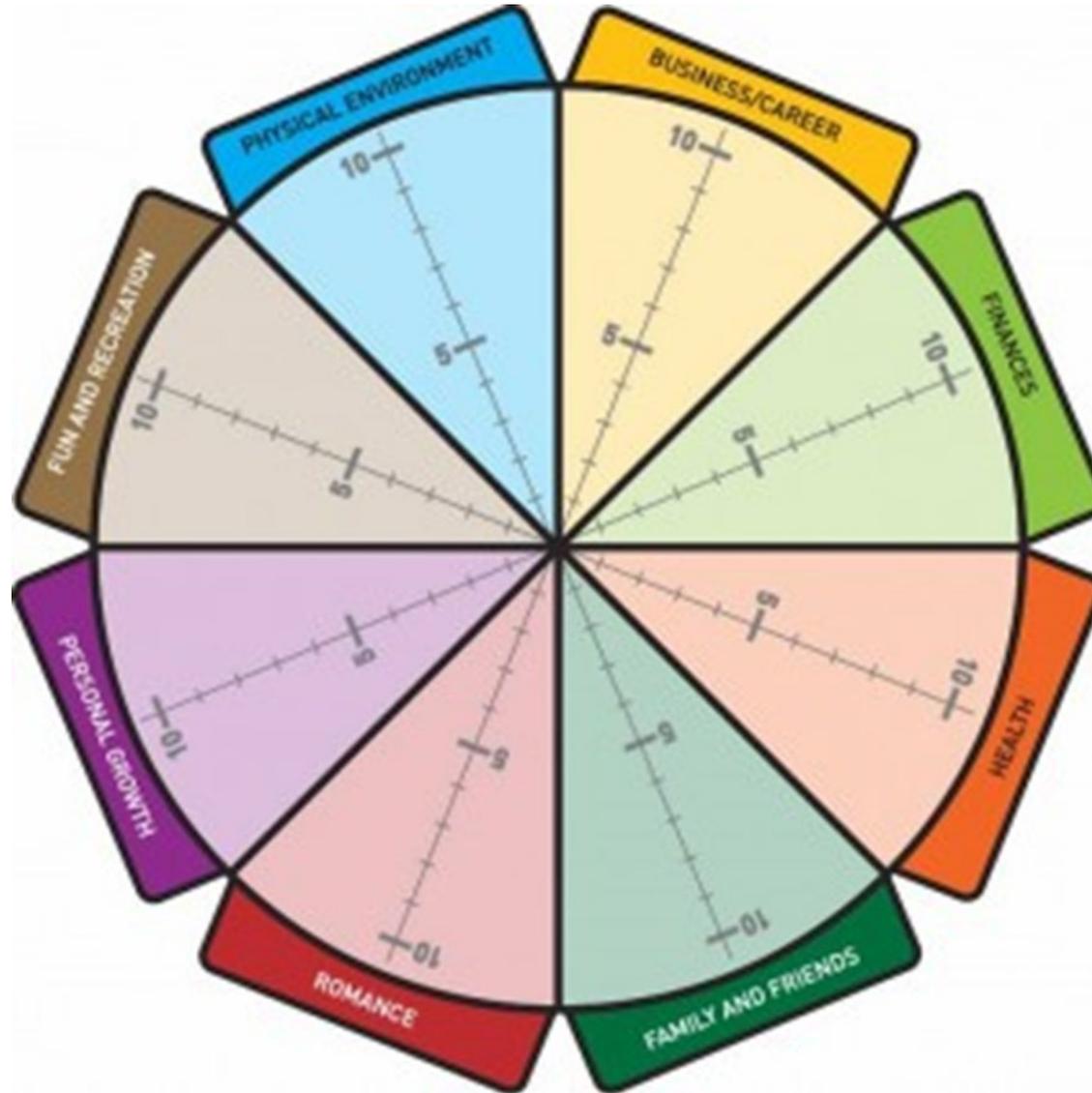
Today's Plan

- Self Care
- *The Wheel of Life*©
- Reflection
- Action

Self Care: definitions

- **balance:**
 - a condition in which different elements are equal or in the correct proportions
- **satisfied:**
 - pleased or content with what has been experienced or received
- **support:**
 - to give encouragement and approval to someone or something because you want the person or thing to succeed
 - to help someone or something in an emotional or practical way
- **stewardship:**
 - the conducting, supervising, or managing of something; the careful and responsible management of something entrusted to one's care
 - the activity or job of protecting and being responsible for something

The Wheel of Life*



Physical Environment

- Are you comfy in the home you live in?
- Do you have a clean and tidy environment?
- Do you have a good community?

Fun & Recreation

- Are you enjoying life and making it fun?
- Are you satisfied with the level of activity that you do?
- Do you socialize often?

Personal Growth

- How focused are you on Personal Growth?
- Do you read often?
- Are you trying new experiences and thriving to learn?
- Are you satisfied with your direction in life?

Romance

- Do you feel love?
- How often are you expressing love to others?

Business/Career

- Are you where you want to be by now?
- Is your career heading in the right direction?
- Are you satisfied with the kind of work you do?

Finances

- Are you comfortable with what you're earning to satisfy your needs?
- Are you financially set up for future growth in wealth?

Health

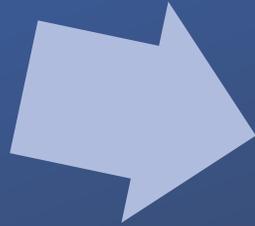
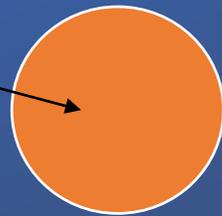
- How physically healthy are you?
- Are you satisfied with your level of fitness?
- Are you satisfied with your diet?
- Are you socializing often?

Family & Friends

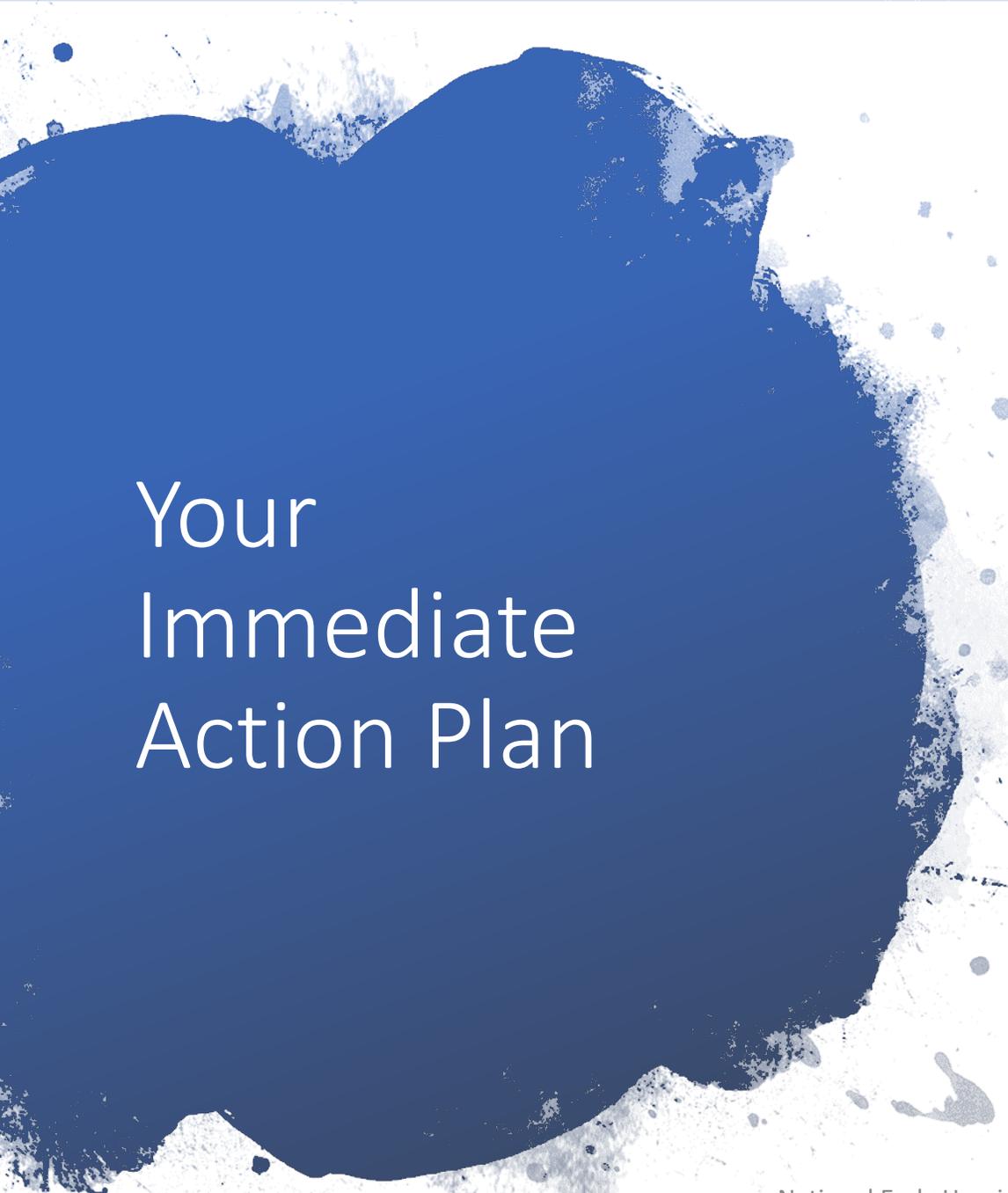
- Is your family supportive of you?
- Are your friends supportive of you?
- Are you socializing often?
- Are you supportive of your family and friends?

Reflection

Your Comfort Zone



Where
the Magic
Happens



Your Immediate Action Plan

- Looking at this is SIMPLY NOT ENOUGH
- WRITE 3 GOALS or objectives you will achieve to help restore balance and enhance those areas of need
- Set a DEADLINE
- REVISIT this Wheel every _____

"What are you willing to give up in order to have the life you keep saying you want?"
a wise older woman once said to me.
I said, "You're right — I really need to start learning how to say no to things I don't want to do." She corrected me,
"No, it's much harder than that. You need to learn how to start saying no to things you DO want to do, with the recognition that you have only one life, and you don't have the time and energy for everything."

ELIZABETH GILBERT



Resources

- The Start of Happiness: Wheel of Life Self-Assessment Tool
<https://www.startofhappiness.com/wheel-of-life-a-self-assessment-tool/>
- The Importance of Self-Care: Ted Talks Playlist
https://www.ted.com/playlists/299/the_importance_of_self_care
- 10 Powerful Books on Self-Care That Will Enrich Your Life
<http://www.becomingwhoyouare.net/10-powerful-books-on-self-care-that-will-enrich-your-life/>
- 9 Apps That Make Self-Care Easy
<https://medium.com/thewashingtonpost/9-apps-that-make-self-care-easy-28d6905b1bc5>