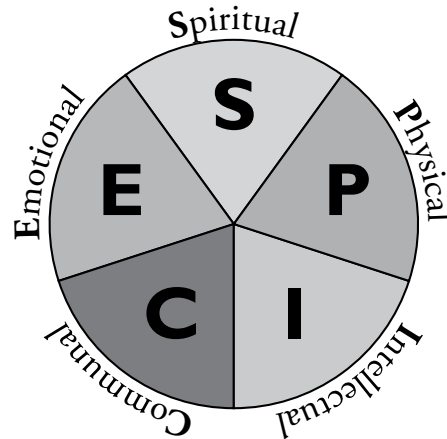


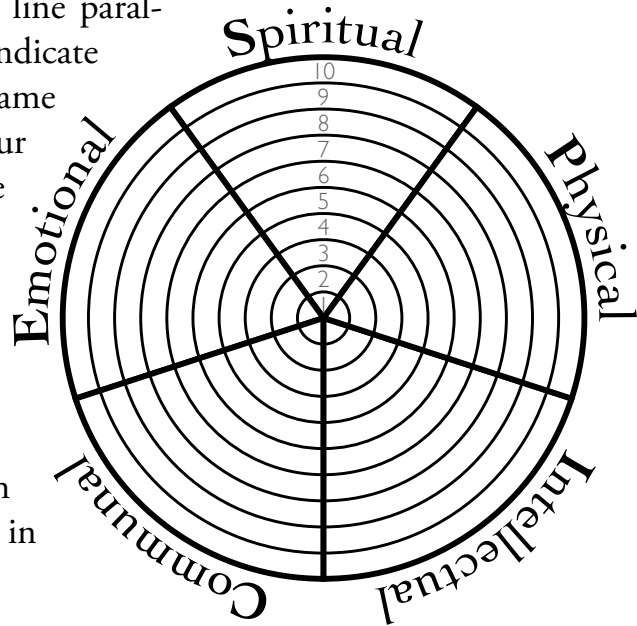
Exercise I: The Wheel of Life

The Wheel of Life encompasses five areas of focus — what we more familiarly call the SPICE of our lives. These areas help us define the bigger picture of our day-to-day experience. They include:



- Spiritual** – your connection with something larger than yourself such as nature, life, the universe, Spirit, God, your higher-self or consciousness.
- Physical** – your physical body and environment, the material world.
- Intellectual** – the ongoing learning and development of your mind.
- Communal** – the social relationships and communities in which you live, work and play.
- Emotional** – the feelings you experience both positive and negative.

1. Using the wheel provided, choose a number between 0 and 10 to represent your current level of satisfaction within each focal area (0 at the centre indicates no satisfaction; 10 at the circumference indicates full satisfaction). If you are a 7 in the Spiritual category, draw a line parallel to the wheel's circumference to indicate this level of satisfaction. Do the same for the remaining categories. Colour inside the lines to illustrate the shape of your wheel. Would you say your life is in balance or are you having a bumpy ride? Life runs smoother and easier with a well-rounded or balanced wheel.



2. Choose three categories on which to focus your attention and energy in order to gain greater satisfaction.

3. Conduct a personal gap analysis by documenting your actual and desired experience in each area of focus. Use the space provided (beginning on pg. 11) to write a statement of intention for each area. Use SMART (Specific, Measurable, Action-oriented, Realistic and Target-dated) words as defined on the following page:

Specific — The goals are clear and anybody can understand them. The goals are not complicated. The goals are well defined.

Measurable — The goals contain concrete criteria for measuring progress and success. You know how far away completion is, and when it has been achieved.

Action-oriented — The goals should focus on actions or tasks that you have direct control over.

Realistic — They are realistic actions that you are prepared to pursue. Set goals that matter to you and that will have a positive effect on your life and are realistically attainable.

Target dated — The goals should be grounded in a time-frame with a start and, if possible, an end date.

For example, if your spiritual experience is lacking in definition, depth and fulfillment, then your statement of intention or desire might look like this:

I desire/intend to learn more about what spirituality means to me and others within the next 12 months. In doing so, I will read a new book on the topic each month.

Focus Area #1: _____

My actual experience is: _____

My desired experience is: _____

Focus Area #2: _____

My actual experience is: _____

My desired experience is: _____

Focus Area #3: _____

My actual experience is: _____

My desired experience is: _____

Other Thoughts: _____
