

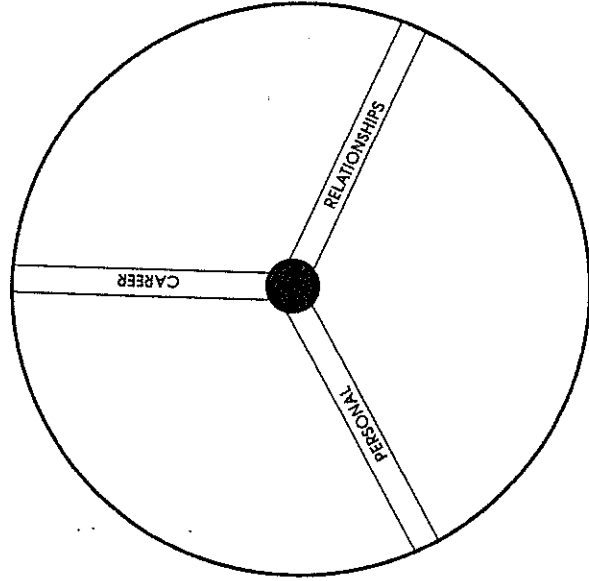
WELLNESS AND CENTERING A LOPSIDED WHEEL

How do we achieve a sense of wellness—a social and psychological as well as a physical sense of well-being? A centered wheel can help.

Visualize an old-fashioned wheel with spokes. If the spokes are all about the same length, the wheel is balanced. If not, we're talking bumpy ride.

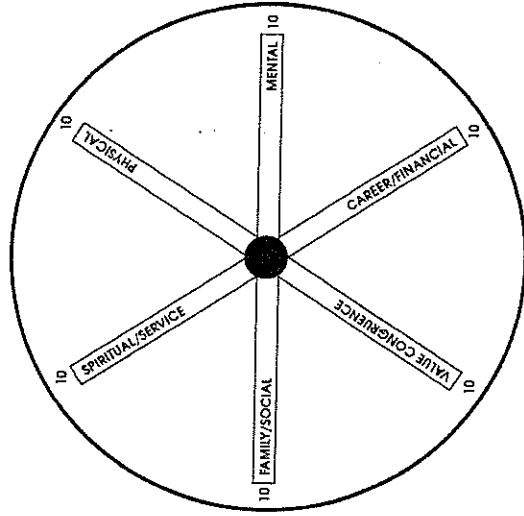
Everyone's wheel has a different number of spokes. The minimum number is three, representing values such as:

- Our PERSONAL life (including our sense of growth, spiritual dimensions and psychological and physical well-being),
- Our RELATIONSHIPS (including the well-being of our family, friendships and rewarding social involvement),
- Our CAREER (or avocation: the efforts we make to produce or create something of value and receive the rewards associated with that).



Some people envision wheels with more spokes, like the one below. Each spoke represents a growth dimension of life—sources of satisfaction or dissatisfaction. Use your own core values as spokes. For example, yours might include:

1. Physical
2. Mental
3. Career/Financial
4. Spiritual/Service
5. Family/Social
6. Value Congruence



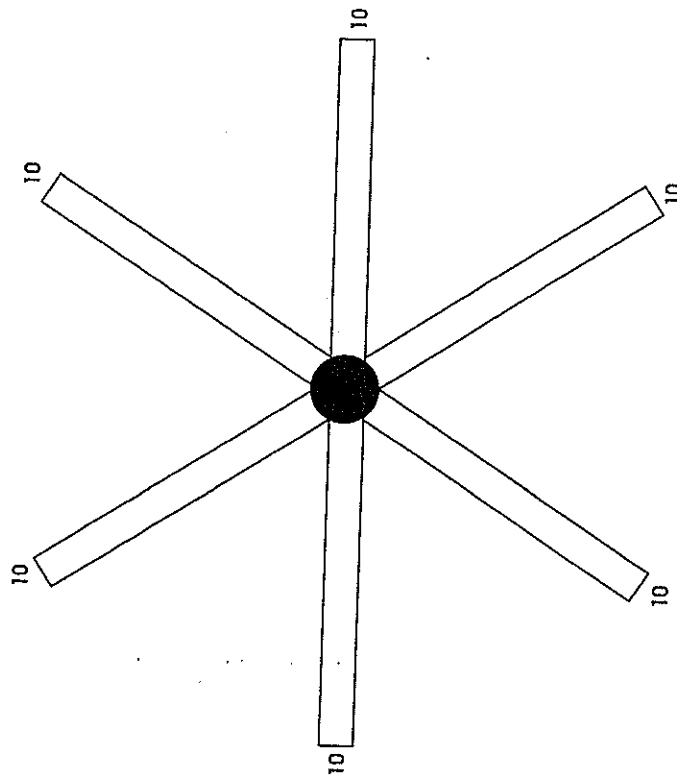
The centered wheel above is an example of good life-balance. Each spoke on the wheel is calibrated from zero to ten, representing your *degree of satisfaction* with the progress you are making toward value congruence. A one reflects extreme dissatisfaction; a ten, a feeling of great satisfaction.

IS YOUR WHEEL ROUND OR LOPSIDED

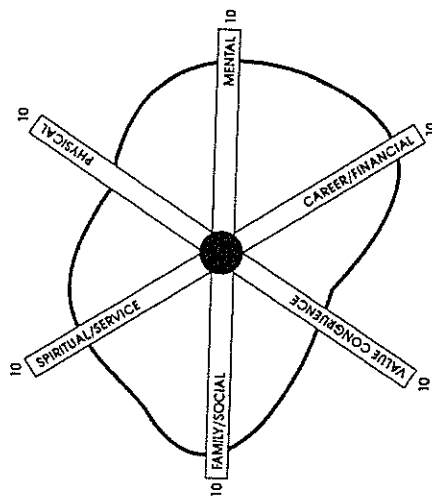
Now determine your own state of life-balance. Label each of your spokes from one to ten. Then draw a line connecting the points on each spoke. Is your wheel lopsided? Is it square? Is something sticking out too far?

Look at the short spokes and determine what can be done to boost your satisfaction with those aspects of your life.

Redraw your wheel every month or so. (An extra copy is found on the next page.) By doing so, you can achieve a sense of balance—the feeling that comes from using time and resources to gain satisfaction in the areas that are critical to whole person wellness. That is the essence of successful self-management.



A LOPSIDED WHEEL: AN EXAMPLE



The wheel above is an example of a lopsided wheel. Although spokes such as FAMILY/SOCIAL and CAREER/FINANCIAL suggest feelings of rather high satisfaction, other spokes, like VALUE CONGRUENCE, indicate areas of lesser satisfaction. The lopsided wheel helps show you specifically what areas to work on to reach a better balance.