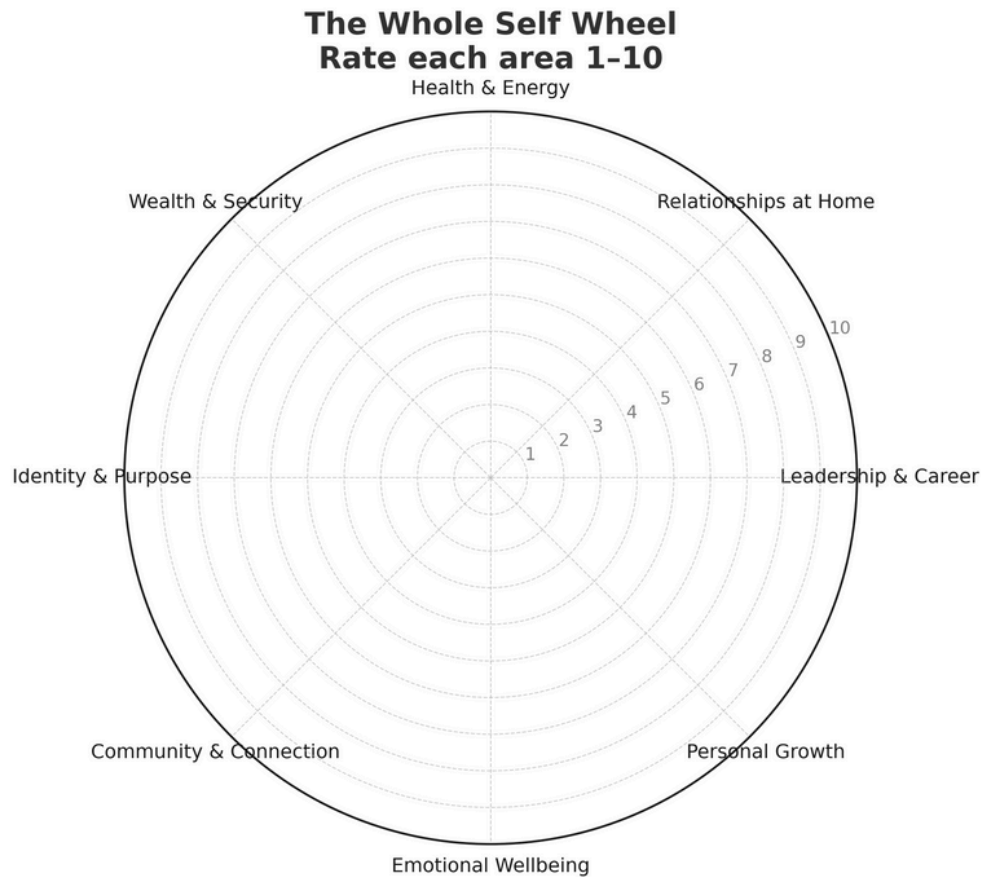


# The Whole Self Wheel



The Whole Self Wheel is a reflection tool designed for professionals and executives. It helps you see where your **personal and professional worlds** are aligned—and where they may be out of balance. By rating each domain and reflecting on the prompts, you'll identify small, meaningful actions to strengthen your wellbeing.

## Step 1: Rate Each Domain (1–10)

Place a dot on each spoke of the wheel, rating your satisfaction with that area of life from 1 (very low) to 10 (very high). Connect the dots to see how balanced—or bumpy—your wheel feels.

- Leadership & Career – Fulfillment, clarity, growth.
- Relationships at Home – Partner, family, connection.
- Health & Energy – Sleep, stress, vitality.
- Wealth & Security – Stability, freedom.
- Identity & Purpose – Meaning, alignment, legacy.
- Community & Connection – Belonging, friendships.
- Emotional Wellbeing – Stress management, resilience.
- Personal Growth – Learning, creativity, exploration.

## Step 2: Reflection Prompts

**Leadership & Career:** Am I leading authentically, or just reacting to demands?

**Relationships at Home:** What from my workday most often shows up at my dinner table?

**Health & Energy:** What's one shift that could give me 10% more energy this week?

**Wealth & Security:** Does my financial picture support freedom, or feel like golden handcuffs?

**Identity & Purpose:** Am I living in alignment with what I say matters most?

**Community & Connection:** Do I have at least one person I can be fully honest with?

**Emotional Wellbeing:** What's one feeling I avoid that keeps resurfacing in other ways?

**Personal Growth:** Where am I curious but not giving myself permission to explore?

## Step 3: From Reflection to Action

- Which domain feels strongest right now? How can I protect it?
- Which domain feels weakest? What's one action that would make it 5% stronger?
- How does my personal life affect my professional life—and vice versa?
- What's one commitment I can make to honor my whole self this week?