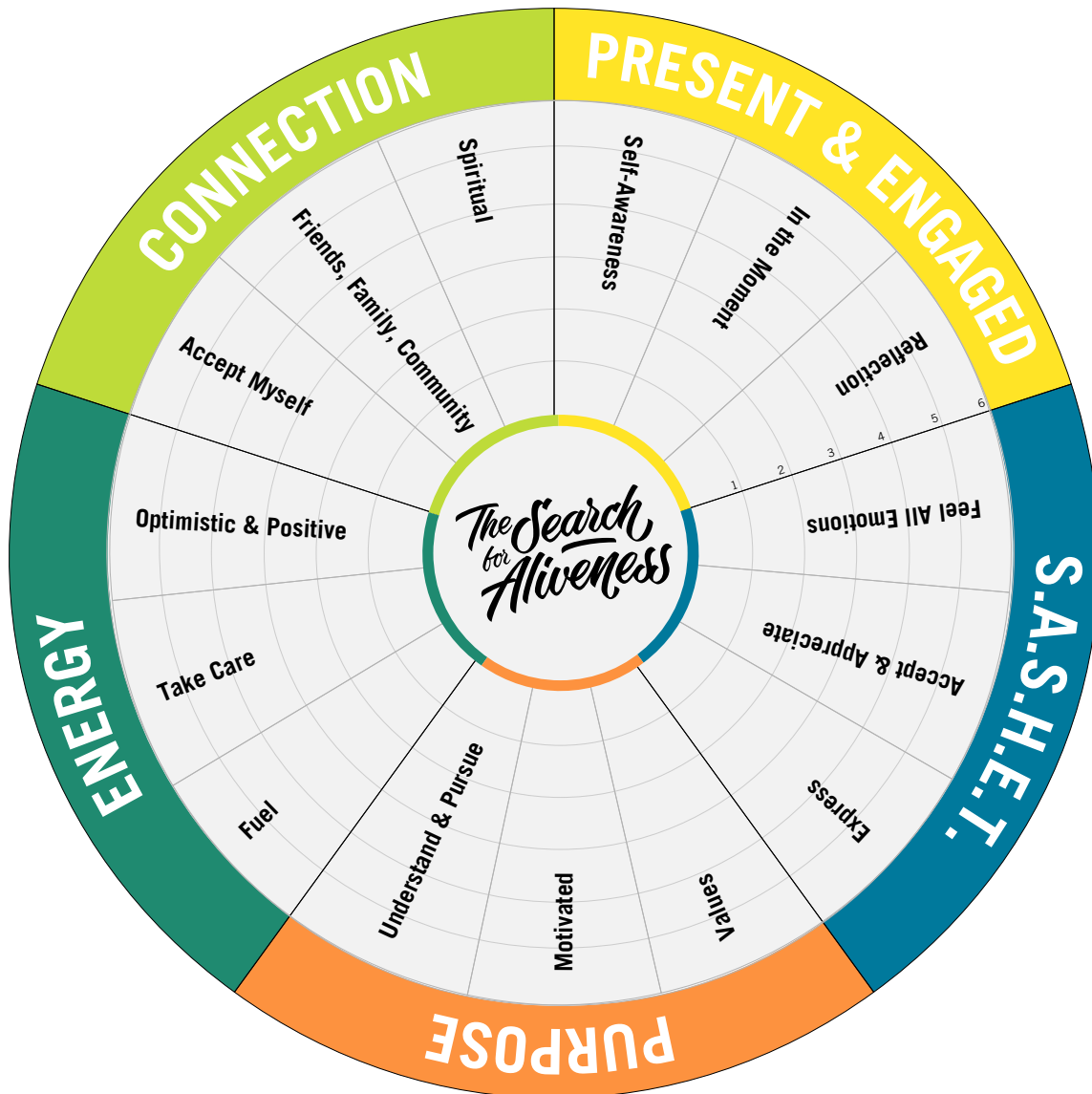


Aliveness Wheel

Rate yourself on a scale of 1-6 for each item below where 1 represents little intentionality and presence in your life and 6 represents something that is very well integrated in your life. Shade the wheel below from the inside out to correspond with your rating. Consider the items in each section as a guide.

CONNECTION	PRESENT & ENGAGED	S.A.S.H.E.T.	PURPOSE	ENERGY
___ I accept myself for who I am	___ I am actively developing self-awareness (e.g., coaching, mentoring)	___ I allow myself to feel all emotions sad, angry, scared, happy, excited, and tender	___ I know and honor my values	___ I do things that fuel my mind, body, and spirit
___ I have friends, family, & community who support me regardless of my current situation	___ I spend time in the moment rather than the past or future	___ I accept & appreciate the emotions that I feel	___ I am motivated from the moment I get out of bed each day	___ I do things to take care of my mind, body, and spirit
___ I consider myself a spiritual being	___ I create quiet time for reflection	___ I express my emotions	___ I understand & pursue my individual purpose	___ I am optimistic & positive



How round is your aliveness wheel? What area(s) would you like to improve? What are some ways you can add aliveness in those categories?