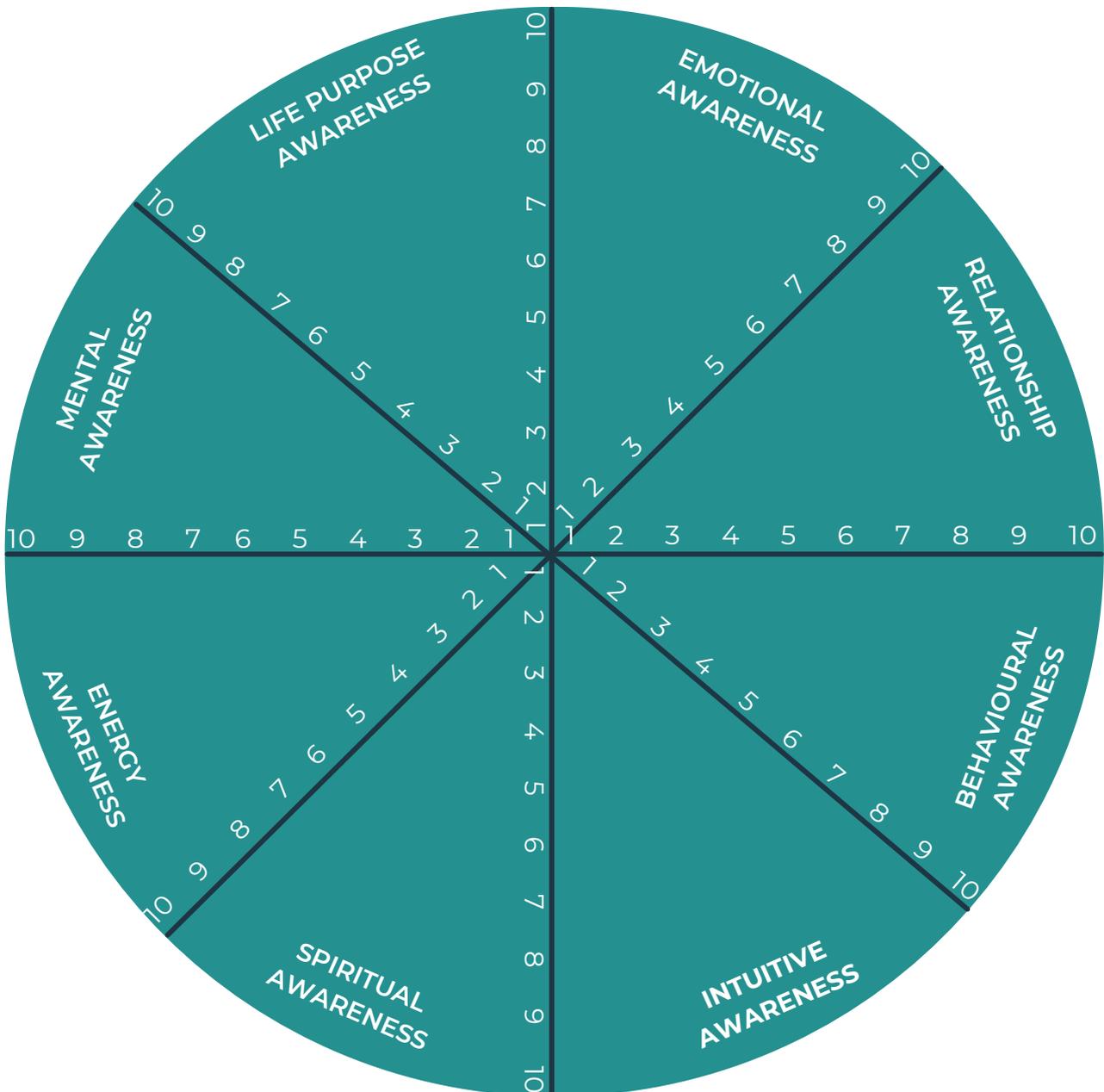


WHEEL OF SELF

Assess Your Self

Note your level of satisfaction in each of the areas by placing a mark on each spoke of the wheel: 1 = *completely unsatisfied* in the centre to 10 = *completely satisfied* on the edge of the wheel. Then, connect each mark and reflect on the shape of your Wheel of Self. Which areas invite further exploration?





WHEEL OF SELF - DEFINITIONS

Holistic Self Awareness

Holistic Self Awareness means exploring and integrating all aspects to gain a deeper understanding of yourself. Taking thoughtful action can enrich overall wellbeing, enhance personal growth and nurture your sense of fulfilment.

1. **Emotional Awareness** - you perceive, understand, manage and express your emotions with appropriate levels of vulnerability. You perceive and respond to others' emotions with empathy and in a way that nurtures positive interactions.
2. **Relationship Awareness** - you are aware of the dynamics, patterns and emotions within your personal relationships and the impact of these on others and on yourself. You like and accept yourself and have a strong sense of self worth.
3. **Behavioural Awareness** - you observe and reflect on the effect of your actions, thoughts, habits and patterns of behaviour on yourself and others, and identify areas for personal growth with empathy for self and others.
4. **Intuitive Awareness** - you trust and harness your intuition and inner wisdom and balance it with rational thinking to guide decisions and navigate life's challenges. You are attuned to and trust subtle cues, feelings and insights that arise from within.
5. **Spiritual Awareness** - you recognise and feel connected to your spiritual nature. You have a deeper understanding of your beliefs, values and purpose beyond the material world. Your actions are aligned with your spiritual values.
6. **Energy Awareness** - you are conscious of the energy that surrounds you and that it impacts wellbeing, individually and collectively, in the form of thoughts, emotions and environment. You know your energy can be managed by mindfulness, meditation and breathwork to support wellbeing.
7. **Mental Awareness** - you are conscious of your own mental health and emotional wellbeing by being aware of your thoughts, beliefs, cognitive patterns, self-talk and mindset as well as knowledge of mental health issues.
8. **Life Purpose Awareness** - you reflect on and acknowledge your passions, talents, values and goals and align them to your life purpose. You take intentional action to live a life of purpose and meaning that is aligned with your true self.