



The Presence Wheel (20 minutes)

Date: _____

Rate your response after each question using a number from the following scale:

Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Connect to Breath: How good are you at regularly drawing attention to your breath and connecting with the here and now; slowing and deepening your breath to reduce stress promote relaxation? _____

Body Awareness: How good are you at bringing your attention to the present moment by noticing feelings and sensations in the body? _____

Daily Mindfulness: Recording your mindfulness practices in an app or journal can keep you on track. How good are you at setting aside at least five minutes a day for stillness, breathwork, meditation, prayer, or yoga? _____

Mindful Living: How would you rate yourself when it comes to living consciously through mindful eating, environmentally conscious choices, scheduling time for transitions, and not texting while driving? _____

Distraction Awareness: How good are you at noticing your mind chatter, diversions, and distractions that keep you from being present, and redirecting your attention to the breath and body? _____

Relationships: How present are you in your personal relationships with friends, family, your partner, and your children—for example, making eye contact and practicing active listening while not being on a device? _____

Work: When it comes to your work relationships and your attentiveness during meetings or while working on a task or project, how would you rate your ability to be present? _____

Financial Life: How would you rate yourself when it comes to applying mindfulness to your finances so you spend within your means and don't accrue unnecessary debt? _____

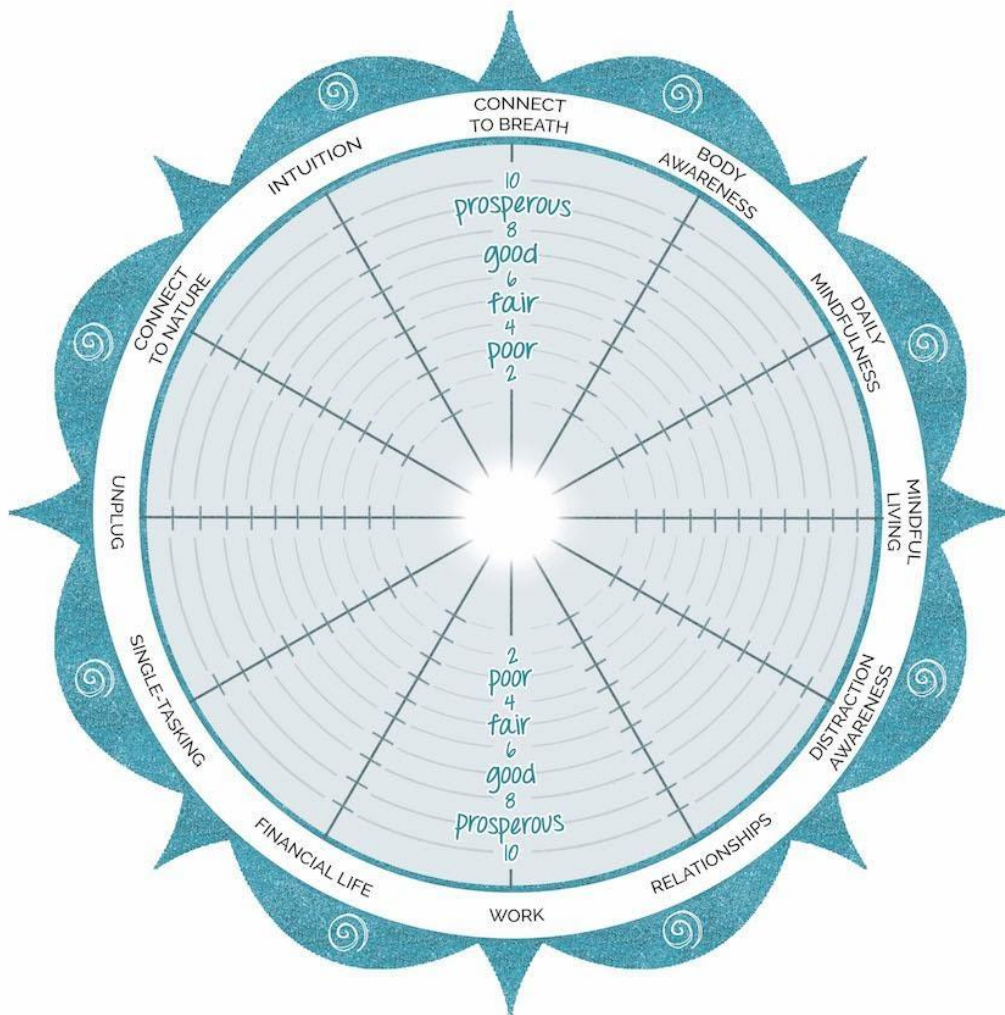
Single-Tasking: How would you rate yourself when it comes to focusing your attention on the task at hand; eliminating distractions by closing tabs, turning off your phone, or closing your door? _____

Unplug: How good are you at making a conscious effort to take breaks from your devices by using auto response messages, Do Not Disturb mode, or turning off your phone? _____

Connect to Nature: How often do you notice the sky, wind, trees, flowers, and spend time enjoying nature to connect with presence? _____

Intuition: How would you rate yourself when it comes to tuning into your inner compass, connecting with the wisdom of your body and gut instincts, or noticing random thoughts or images that may be intuitive insights? _____

Chart your responses on The Presence Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to being able to Connect to Breath? Put a dot on the spoke next to the number that corresponds with your answer. Now continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



The Presence Wheel

Answer the following questions:

- As you look at the three spokes that have the lowest scores (the biggest dents in your wheel), list two ways you can do better right now in these areas
- How might you create some accountability for cultivating presence?
- What are two new ways to apply mindfulness to your financial life?

To become more present, consider revisiting this exercise weekly or monthly to set yourself up for greater success. Don't beat yourself up if your scores are low—we are all works in progress and have room for improvement. Date your wheel and file it so you can track your progress over time.