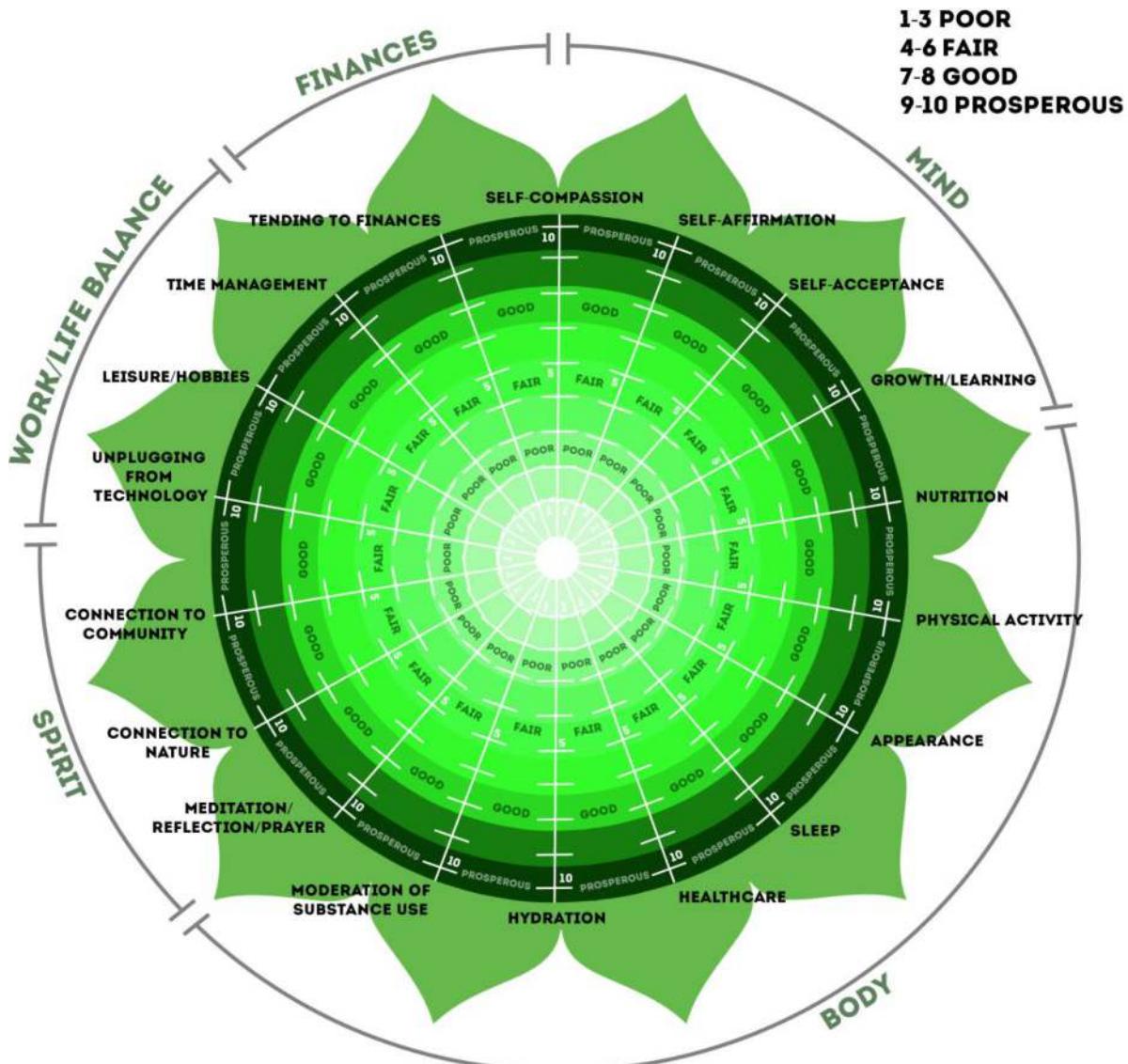


Self-Love Wheel

Just like stepping on a scale measures our weight, the self-love wheel measures our self-love and reveals areas of strength and needed improvement. In either situation, we can sometimes be surprised by the results.

1A



DIRECTIONS FOR THE SELF-LOVE WHEEL

1. Review the Self-Love Spoke Categories and Descriptions below in 1B.
2. On each spoke of the support wheel, there are “tick” marks. They go from one to ten. When you rate a spoke at 1, that means this area of support needs some love and significant improvement; a 10 means it needs no improvement.
3. After rating yourself on each of the twenty spokes on the wheel (1A), place a tick mark on each spoke and then connect the tick marks to create a circle, as shown in 1C. This provides a visual of any “dents” in your wheel or areas of needed support. When completed, your completed wheel (1A) will look something like the wheel pictured below in 1C.

If you have some significant areas of deficit, your wheel may look more like a “constellation” than a circle—that’s okay! This means there is room for improvement to increase your self-love prosperity!

1B - SELF-LOVE SPOKE CATEGORIES & DESCRIPTIONS

MIND

- **Self-Compassion**—ability to silence your inner critic, practice self-forgiveness and be your most compassionate advocate.
- **Self-Affirmation**—honoring your strengths, gifts and unique abilities and to see all that is beautiful and good about you.
- **Self-Acceptance**—ability to accept yourself as you are at this point in time.
- **Growth/Learning**—engagement in activities that promote expanding your knowledge, thinking, skills and awareness.

BODY

- **Nutrition**—healthy eating, limiting sugar and processed foods, home cooking, balanced meals, taking multivitamins, portion control, etc.
- **Physical Activity**—keeping active in terms of walking, taking the stairs, gardening, gym, weight training, yoga, Pilates and playing sports, etc.
- **Appearance**—grooming yourself with love and care and putting yourself together so that you feel like the beautiful person that you are.
- **Sleep**—ability to fall asleep easily, stay asleep and get enough sleep.
- **Healthcare**—annual physicals, dental care, and specialty care such as seeing an OB-GYN, chiropractor, nutritionist, massage therapist, etc.
- **Hydration**—drinking enough water.
- **Moderation of Substance Use**—moderating caffeine, alcohol, sleep aids, etc.

SPIRIT

- **Meditation/Reflection/Prayer**—quiet time to connect with your inner self.
- **Connection to Nature**—connection with the outdoors, animals, plants, etc.

- **Connection to Community**—engagement with a group of like-minded people with whom you can connect on a deeper level (through your neighborhood, support groups, yoga studio, social clubs, church/synagogue/mosque, etc.)

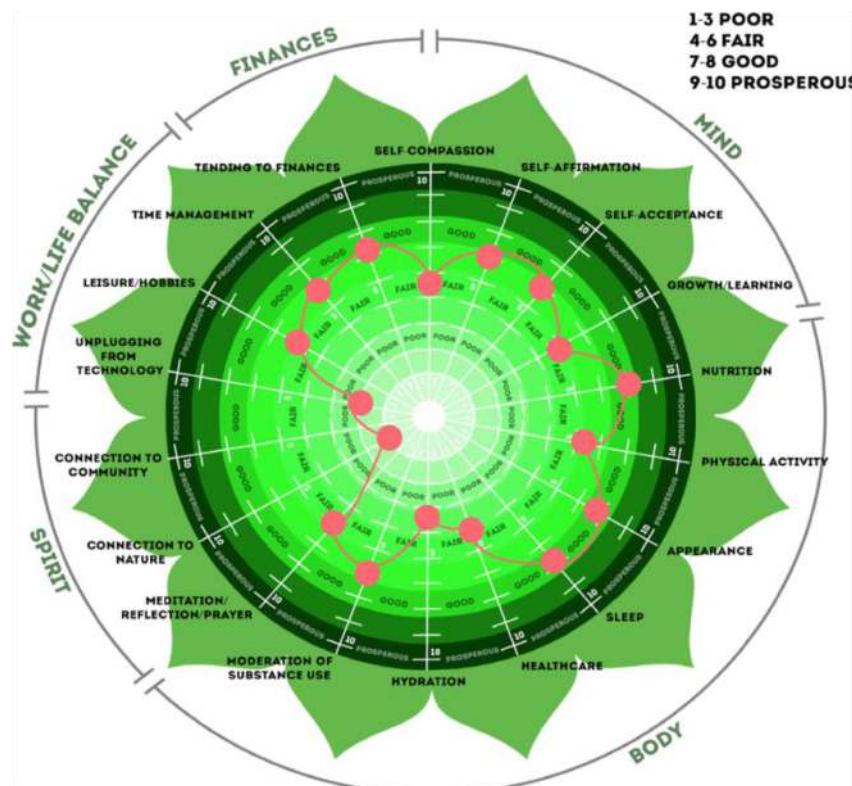
WORK-LIFE BALANCE

- **Unplug from Technology**—turn off your phone before bedtime and during mealtime, do not respond to work emails after work hours or while on vacation, limiting screen time, etc.
- **Leisure/Hobbies**—relaxation and enjoyable activities (art, music, sports, etc.)
- **Time Management**—setting healthy time-boundaries between work and personal life and striking a nice balance for yourself in terms of connecting with others and time for solitude.

FINANCES

- **Tending to Finances**—spend time with and pay attention to your financial life. This also means making sure there is a healthy balance between the flow of saving and spending and that you are welcoming increased flow of prosperity through financial self-love. We will take a deeper dive into your financial self-love in another exercise later in the chapter, but I want you to have finances on your radar as an integral aspect of self-love.

1C



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