



THE AWARENESS WHEEL

The Awareness Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to awareness. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke.



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(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

Self-Awareness: How aware are you of your personality characteristics, your strengths and areas of needed growth, and how you impact others? _____

Relational Roles: How aware are you of the roles and patterns you often play in group dynamics—including family and work—and how this impacts your financial success? _____

Unconscious Contracts: How good are you at recognizing possible unspoken agreements? How are they impacting your mental health, work, and finances?

Defensive Mechanisms: Are you aware when defenses like denial, rationalization, or projection pop up and impair your well-being and prosperity? _____

Substance Use: How aware are you of your substance use (caffeine, sugar, alcohol, recreational, prescription, and other drug use) and how it impacts your mental, physical, and financial health? (Please note that substance use does not necessarily mean you are a substance abuser or have a substance use disorder, which are disorders that span a wide array of problems arising from substance use.)

Addictions: Addiction is the use of substances or engaging in compulsive behaviors that continue despite harmful consequences. Addiction is a treatable, chronic disease that involves interactions between the brain, genetics, the environment, and a person's life experiences.<SS>17</SS> How aware are you of how an addiction to drugs, alcohol, shopping, gaming, or sex has negatively impacted your finances? _____

Traumas: How good are you at recognizing your history of traumas, including financial traumas, and how they might be influencing your mental and financial health? _____

Attachment Style: How aware are you of your attachment style and how it impacts your relationships and your finances? _____

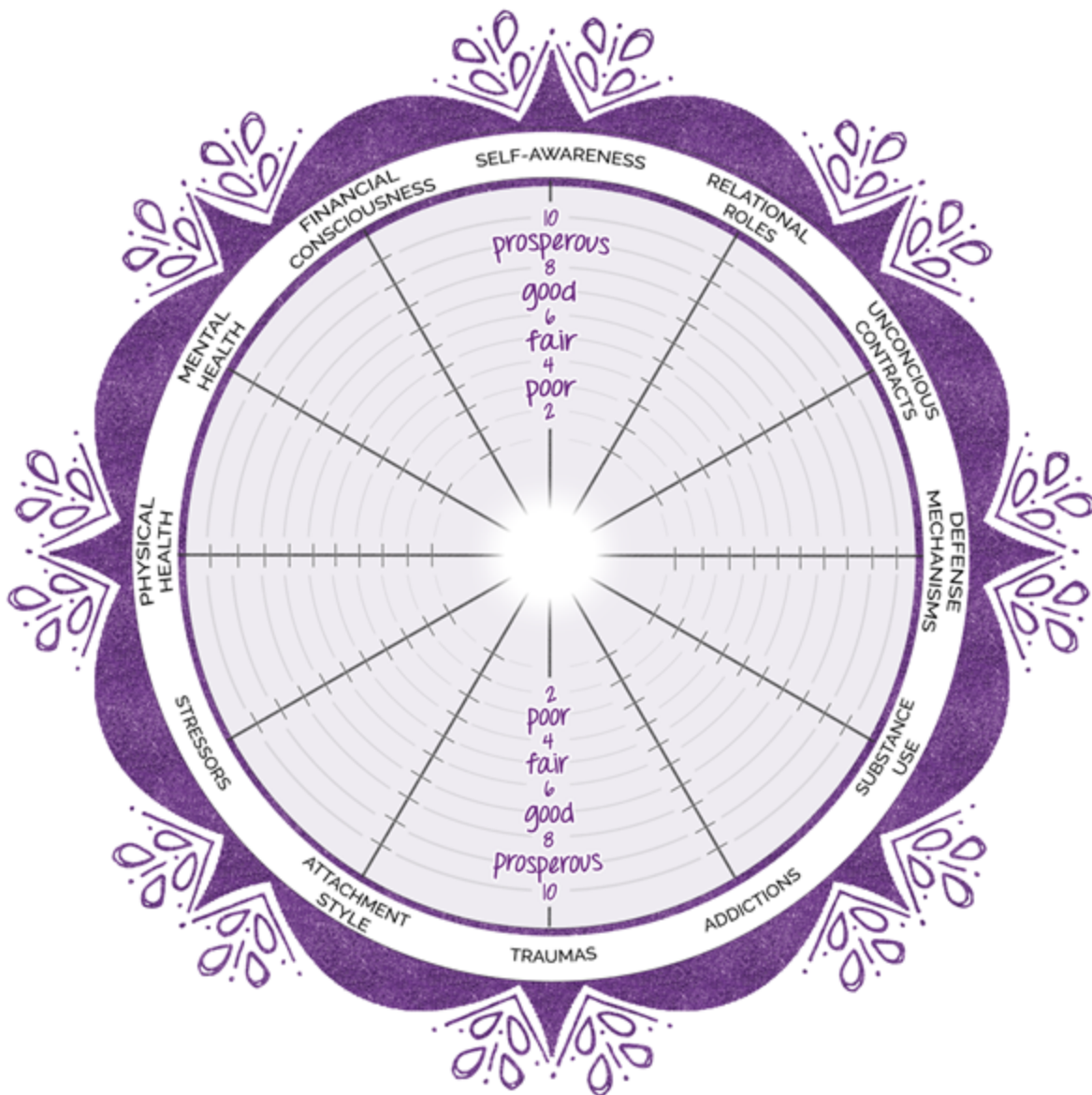
Stressors: Relationship issues, financial challenges, losses, deadlines, projects, and holidays can all increase your stress level and may be negatively impacting your mental health and functioning at work. How would you rate yourself when it comes to figuring out what is stressing you out? _____

Physical Health: How aware are you of your physical health and how that may be impacting other aspects of your life, including mental and financial health? _____

Mental Health: How aware are you of the impact of your stress levels, emotional wellness, and experiences of depression, anxiety, or other mental health issues?

Financial Consciousness: When it comes to being aware and understanding your financial reality, how would you rate yourself? Do you combat financial denial by having and living within a budget? _____

Chart your responses on The Awareness Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Awareness? 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 Awareness Wheel

Don't worry about your scores; just be honest. Continue to practice this mindset just like you would exercise to improve your fitness. Then, answer the following questions:

- As you look at your completed wheel, where do you see the biggest dents?
What are two things you can do better right now in those areas?

- As you look at the wheel, what three areas of your mental and financial life are you least aware of?

- Would you consider therapy, coaching, mentoring, a consultation, or training to promote more awareness?

Remember to date your wheel and file it for later reference so you can track your progress over time. Consider completing this exercise once a month or quarterly so you can live more consciously.

Worksheet by Joyce Marter, LCPC

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