



## THE ESSENCE WHEEL

The Essence Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to essence. 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

**Essence Alignment:** This is about connecting with your deepest self and unique light through presence. How are you aligning your life with essence, this core aspect of self and choosing love over fear? \_\_\_\_\_

**Ego Detachment:** This is the ability to observe and separate from harmful aspects of ego such as defensiveness, competition, arrogance, feelings of superiority or inferiority, and focusing on externals, such as appearance and accomplishments. How well are you able to avoid having your financial perspective become distorted by ego? \_\_\_\_\_

**Healthy Self-Esteem:** This comes from feeling positive about yourself in relation to others in a balanced way, and includes healthy ego strength, confidence, and

assertiveness. How good are you at celebrating your strengths and recognizing your areas of needed growth and development? \_\_\_\_\_

**Humility:** Humility involves a healthy awareness of all you do not know or understand, your areas of deficit, and keeping your ego in check. How good are you at remaining humble, modest, and down-to-earth even as you achieve great success? \_\_\_\_\_

**Respect:** How would you rate yourself when it comes to demonstrating respect for yourself and others in your communication? \_\_\_\_\_

**Authenticity:** How good are you at being honest, real, and genuine with others, while remaining kind and not putting up false pretenses? \_\_\_\_\_

**Vulnerability:** Vulnerability is about breaking down the walls created by your ego for self-protection. These walls prevent the honest communication that leads to support, connection, intimacy, and growth. How good are you at admitting what you do not know and asking for help? \_\_\_\_\_

**Enoughness:** I define “enoughness” as resisting the urge to feed ego with materialism and staying connected with essence as you welcome true prosperity, which includes generosity. How good are you at knowing that on the essence level, you are always enough? \_\_\_\_\_

**Use Gifts:** How good are you at celebrating your gifts and strengths and aligning them with a need in the world? \_\_\_\_\_

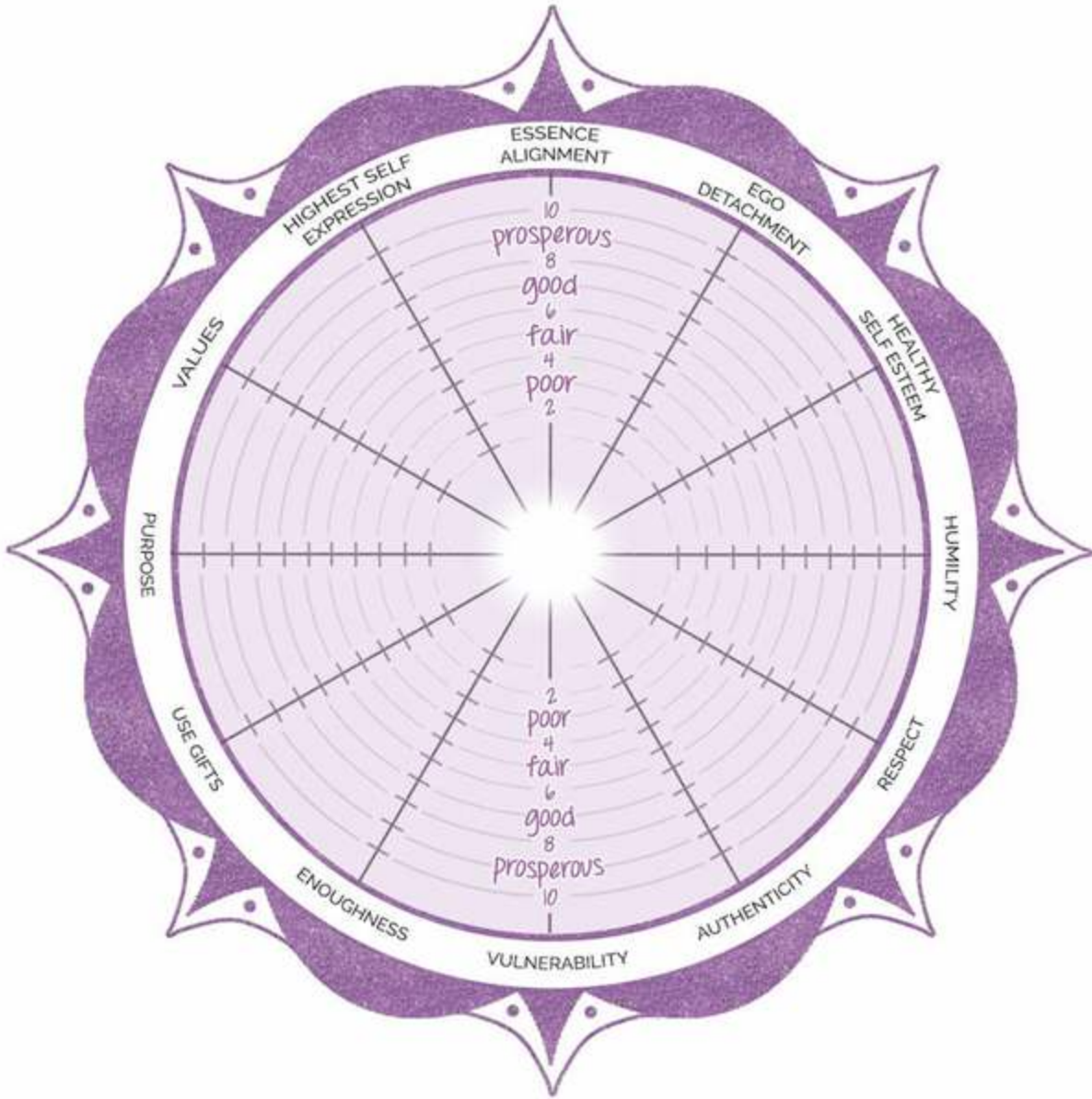
**Purpose:** How would you rate yourself when it comes to identifying your higher personal and professional feeling of purpose, which is fueled by your essence?

\_\_\_\_\_

**Values:** How good are you at staying true to yourself and living your life in a way that is aligned with your core values? \_\_\_\_\_

**Highest Self-Expression:** How would you rate yourself when it comes to letting your inner light shine by showing up and thriving in the world as your most expansive, vibrant, and prosperous self? \_\_\_\_\_

Chart your responses on The Essence Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Essence Alignment? 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 Essence Wheel**

Let's wrap this up by answering the following questions:

- Look at the three spokes of The Essence Wheel with the lowest scores (the dents) and come up with two ways you can improve in each of those areas.

- What are two ways detaching from ego and aligning with essence would improve your financial life?

- How can you spend more of your time in the healthy self-esteem range?

No matter what your results are, consider revisiting this exercise monthly or quarterly to continue to keep your ego in check and ignite success by connecting with essence. Date your wheel and file it for later reference!

Worksheet by Joyce Marter, LCPC

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