

THE PRESENCE WHEEL

The Presence Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to presence. 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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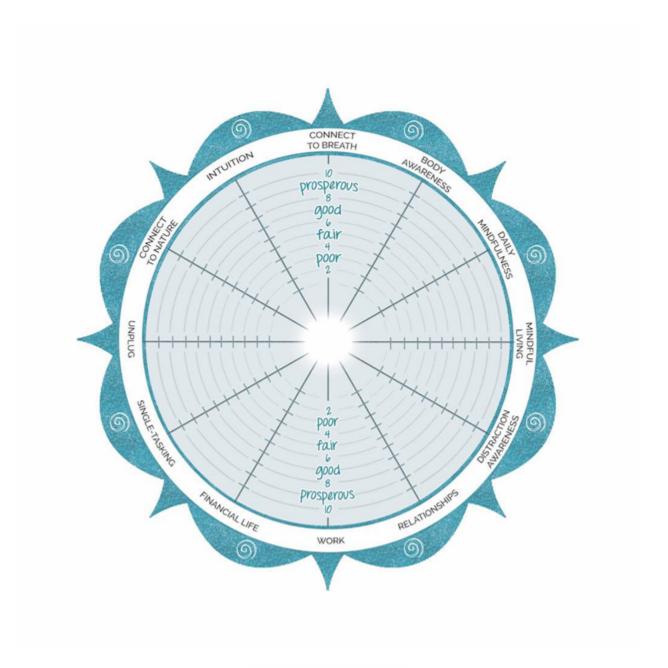
(20 minutes)

Date:									
Rate you	r respon	ise after	each q	uestion	using a	number	from t	he follo	wing scale:
	Poo	r (1-3),	Fair (4-	-5), Goo	od (6-7)	, Prospe	rous (8	-10)	
Poor		Fair			Good			Prosperous	
1	2	3	4	5	6	7	8	9	10
Connect	to Brea	ath: Ho	w good	are you	ı at regi	ılarly dra	awing a	attentior	n to your
breath an	d conne	ecting w	ith the	here an	d now;	slowing	and de	epening	your breath
to reduce	stress a	and pror	note rel	laxation	ı?	_			
Body Aw	arenes	s: How	good aı	re you a	ıt bringi	ng your	attentio	on to the	e present
moment	by notic	ing feel	ings an	d sensa	tions in	the bod	y?		
Daily Mi	indfuln	ess: Red	cording	your m	indfuln	ess prac	tices in	an app	or journal car
keep you	on trac	k. How	good a	re you a	at setting	g aside a	t least	five mir	nutes a day for
stillness,	breathw	vork, me	editatio	n, praye	er, or yo	oga?			
Mindful	Living	: How v	vould y	ou rate	yoursel	f when i	t come:	s to livir	ng consciously
through r	nindful	eating,	environ	mental	ly conso	cious cho	oices, s	chedulii	ng 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
pe 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.

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.



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• 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?
Worksheet by Joyce Marter, LCPC Author of The Financial Mindest Fire A Montal Fitness Program for an Abundant Life
Author of <i>The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life</i> www.joycemarter.com