



## 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 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 and 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? \_\_\_\_\_

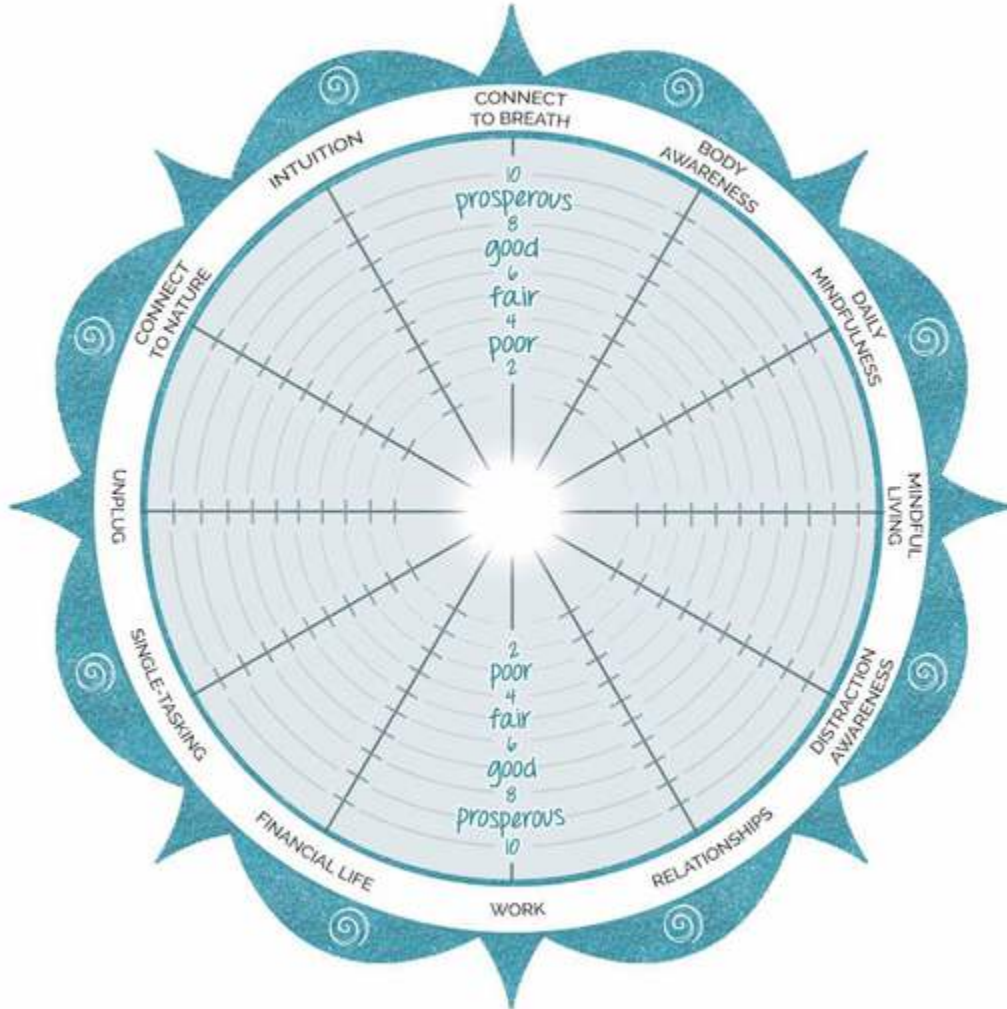
**Unplug:** How good are you at making a conscious effort to take breaks from your devices by using auto response messages, Do Not Disturb mode, or turning off your phone? \_\_\_\_\_

**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.

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.



**The Presence Wheel**



- What are two new ways to apply mindfulness to your financial life?

Worksheet by Joyce Marter, LCPC

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