



THE RESPONSIBILITY WHEEL

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



The Responsibility Wheel

(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

Do Your Part: How willing are you to step up and do the work it takes to succeed in your relationships, work, and finances? _____

Acceptance: How good are you at embracing the hardships you have been dealt, including financial, and not blaming others? _____

Empowerment: How empowered are you to take action to determine your course in life, work, and finances? _____

Own Your Happiness: How good are you at taking responsibility for your attitude and happiness instead of assigning blame to others? _____

Forgive: How good are you at freeing yourself from resentment for any wrongdoings, financial and otherwise? _____

Apologize: When it comes to looking at your mistakes or less than ideal choices, how much responsibility do you take when it comes to the impact on others, work, and your finances? _____

Integrity: Integrity is being dependable and reliable, following through with commitments, doing what you said you would do, and so forth. How responsible are you when it comes to being honest, ethical, and truthful?

Healthy Choices: When it comes to your overall wellness, how good are you at making healthy choices? _____

Manage Money: How responsible are you when it comes to taking ownership of your financial life, paying your debts and bills on time, and taking responsibility for the income you earn and the money you spend?

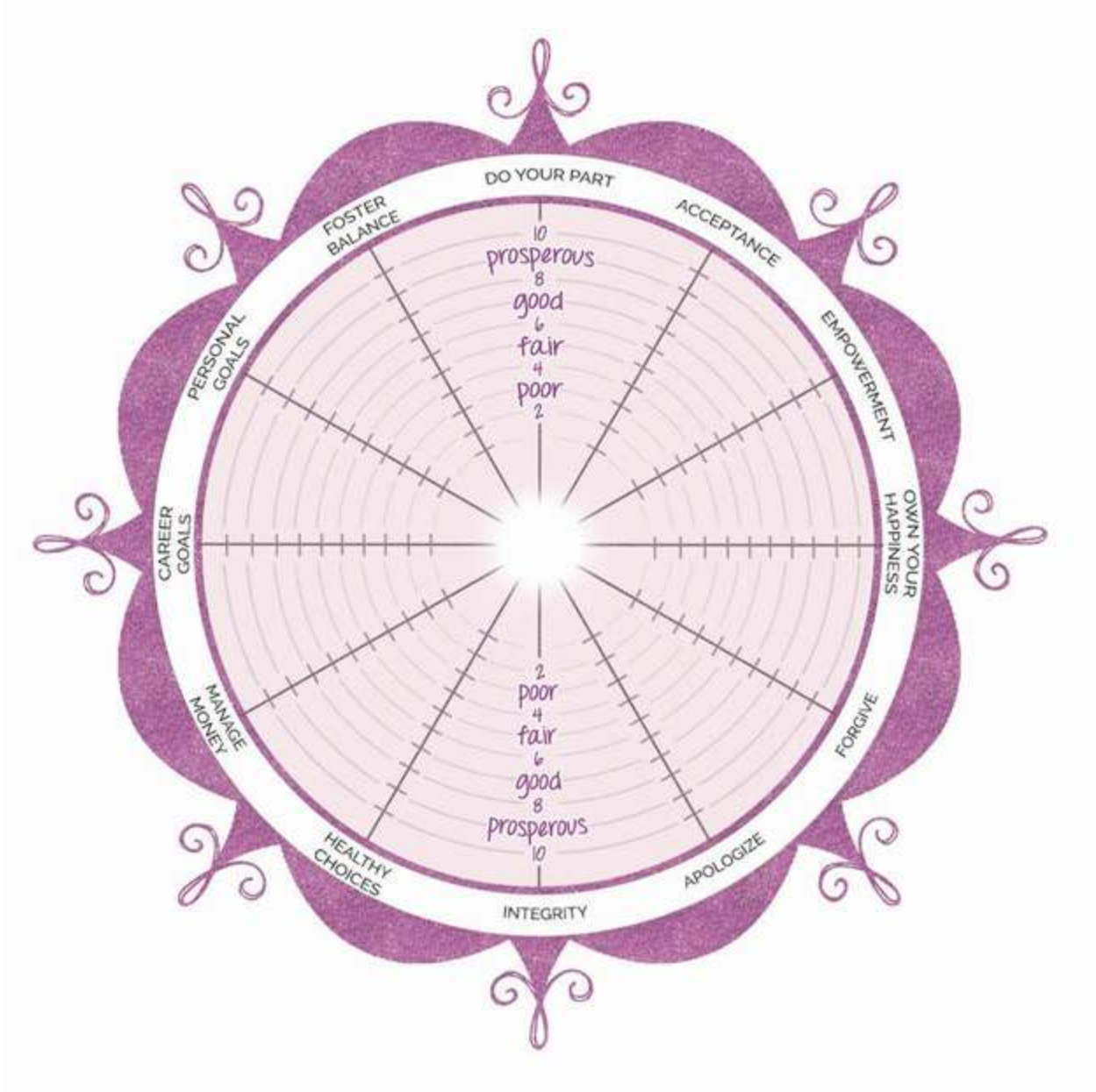
Career Goals: How would you rate yourself when it comes to tending to your professional aspirations? _____

Personal Goals: How would you rate yourself when it comes to tending to your personal aspirations, like health goals, relationship goals, hobbies, and travel? _____

Foster Balance: How would you rate yourself when it comes to balancing your responsibilities to the best of your ability? _____

Chart your responses on The Responsibility Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to being able to Do Your Part? 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.

Consider completing this exercise once a month or quarterly so you can continue to foster responsibility for your success. Remember, aim for progress, not perfection! Date your wheel and file it for later reference so you can track your progress over time.



The Responsibility Wheel

- What are three small changes you can make to cultivate more responsibility in both your personal and financial life?

Worksheet by Joyce Marter, LCPC

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