



THE SUPPORT WHEEL

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

Plant Seeds: By planting seeds, I mean developing new connections through social activities, community events, professional networking, social media and online outreach, and marketing efforts such as e-blasts, newsletters, or mailings. When it comes to making new connections, how would you rate yourself? _____

Nurture Relationships: How would you rate yourself when it comes to regularly letting people know they are special to you? _____

End Toxic Relationships: By ending and “weeding out” toxic relationships you can empower yourself to set healthy boundaries in relationships you can’t choose (like your sister or your boss) and terminate relationships that are truly unhealthy for you. How would you rate yourself when it comes to weeding out toxic relationships? _____

Ask for Help: How good are you at routinely asking for help with tasks as needed and as appropriate? _____

Seek Counsel: When it comes to regularly seeking advice, consultation, or wise counsel from people who are more knowledgeable or experienced in certain areas, how would you rate yourself? _____

Seek Care: How good are you at asking for support when it comes to your mental and physical health, including asking for affection? _____

Balance Giving & Receiving: How good are you at making sure you are striking a healthy balance between being supported and offering support to others? _____

Mentoring: This includes receiving support from others who have achieved what you would like to achieve, and remembering to mentor others when appropriate. How good are you at asking for support from those you admire and then, on the flip side, giving that support to others? _____

Reciprocal Relationships: Reciprocating means striking a healthy balance of independence and dependence in your relationships so that you can experience the benefits of interdependence, including mutuality. How would you rate yourself at forming reciprocal relationships? _____

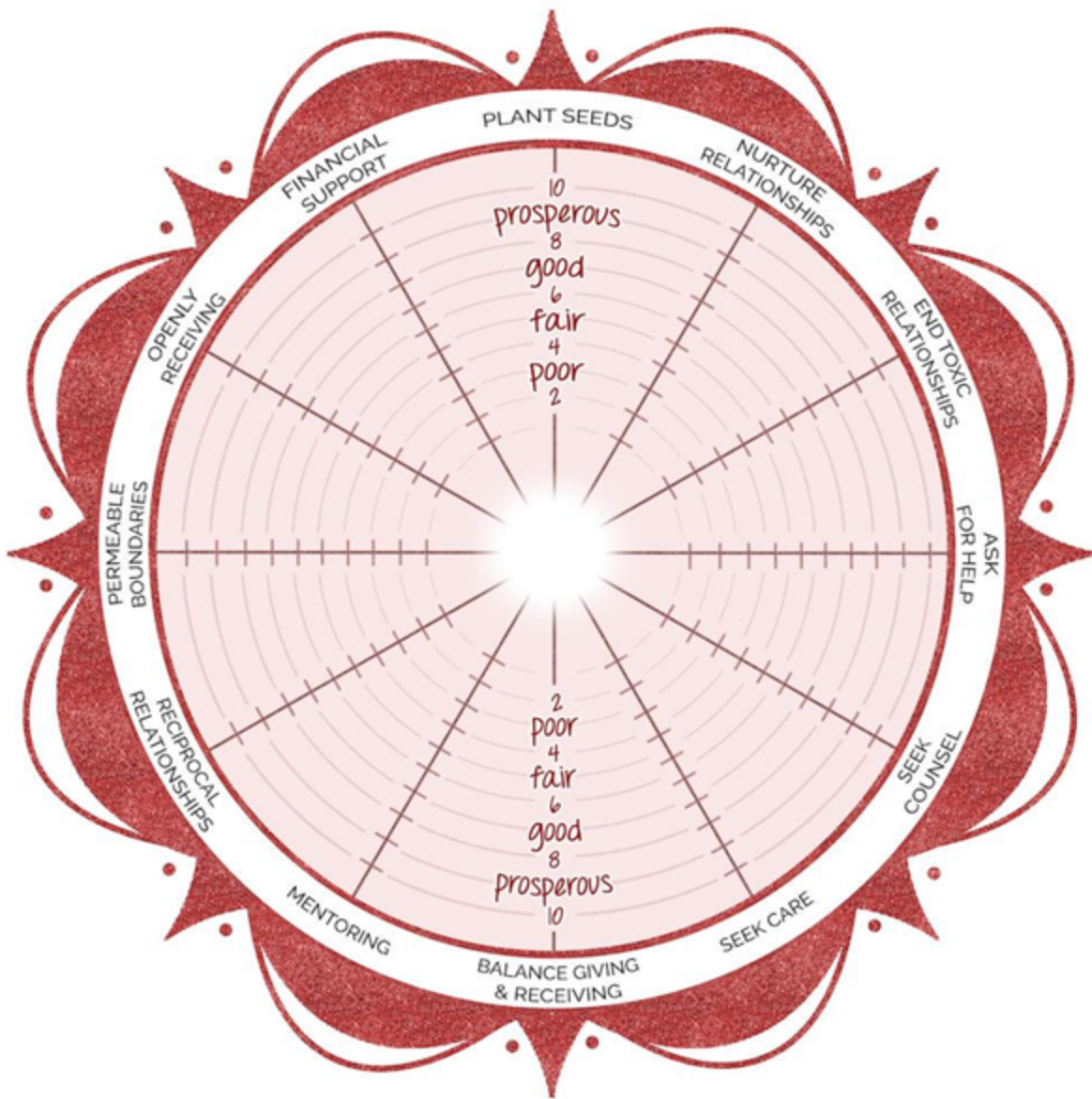
Permeable Boundaries: How would you rate yourself in ensuring that your emotional and relational boundaries are not too rigid or too loose so you can foster intimacy and connection? _____

Openly Receiving: When you are feeling the barriers of fear, shame, guilt, or pride, how open are you to receiving support? _____

Financial Support: This includes seeking help from a financial advisor or business consultant and applying for grants, loans, scholarships, loan forgiveness, and financial assistance programs that would support you. How well are you doing with asking and receiving financial support? _____

Chart your responses on The Support Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to being able to Plant Seeds for new relationships? 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.



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Don't worry if you scored poorly on this mindset. Asking for help is often one of the hardest things to do. Keep working on this mindset to see improvements.

Date your wheel and file it for later reference. Consider revisiting this exercise monthly or quarterly to continue to create more support in your life. You are on your way to a more supported life. Bravo!

Now, answer the following questions:

- As you look at the biggest dents in your wheel, do you know why you scored lowest in these areas?

- What three action steps can you take to improve in each area?

Worksheet by Joyce Marter, LCPC

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