



THE POSITIVITY WHEEL

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

Positive Psychology: Focusing on the strengths and gifts that enable you and others to thrive and succeed. When it comes to answering the proverbial question, “Is your glass half empty or half full?” how would you rate yourself at being half full? _____

Weaken the Fiction: Identifying and overcoming excuses or negative narratives you tell yourself that are between you and the success you deserve. How successful are you at WTF? _____

Gratitude: Expressing thanks and appreciation. How successful are you at taking the time to reflect on what you are grateful for? _____

Positive Reframing: How would you rate yourself when it comes to looking at the good parts of any situation? _____

Cheerful: Expressing happiness, joy, humor, and good spirits. When it comes to expressing cheerful vibes, how would you rate yourself? _____

Optimism: Being hopeful and confident about the future; expecting a favorable outcome. How optimistic are you about the future? _____

Passion: Bringing excited energy to what you do. How passionate are you about being positive? _____

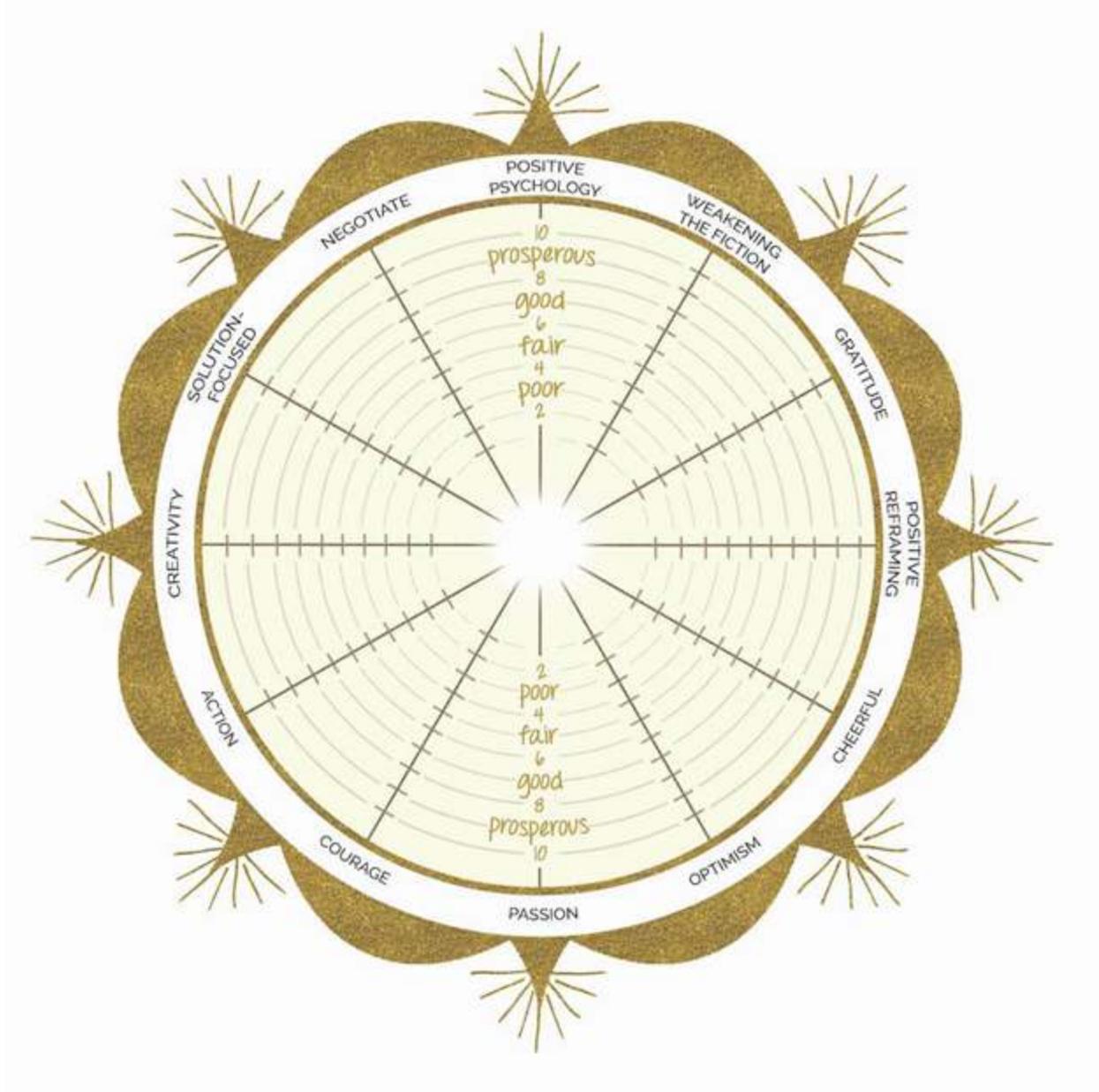
Courage: Doing something that frightens you; expanding your comfort zone. When it comes to being courageous, how would you rate yourself? _____

Action: Identifying opportunities and taking steps to achieve them. How would you rate yourself when it comes to taking action? _____

Creativity: Utilizing positive energy to develop original thoughts, ideas, or innovations. How would you rate yourself when it comes to creativity? _____

Solution-Focused: Focusing on building strengths and finding solutions rather than just discussing problems. How would you rate yourself at being solution focused? _____

Negotiate: How good are you at advocating for yourself in your work and financial life to arrive at win-win agreements? _____



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Chart your responses on The Positivity Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to embracing Positive Psychology? 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.

- What three action steps can you take to improve in each of these three areas?

Worksheet by Joyce Marter, LCPC

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