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MODULE 2

# My Self Care Wheel

Lesson 6



# My *Self Care* Wheel

Supercharge Your Motivation

Authentika Academy

Authentika Consulting Inc.



## ***Step 1 – Complete the Self Care Wheel***

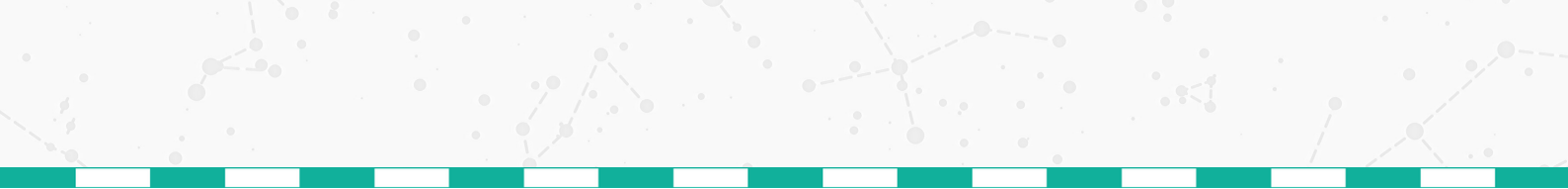
Score your satisfaction levels against each of the different categories you have on your wheel. Take your time doing this, I would recommend 15 minutes or so. Put yourself in a place with no distractions and reflect on your self care in each of the categories listed in the wheel. To help with this activity, please review the category descriptions.

### ***Using a scale of 1 to 10:***

Give yourself a score between **8 and 10** if you feel satisfied with your life in this area of self care and if you don't believe it is a motivation blocker for you.

Give yourself a score between **5 and 7** if you are somewhat satisfied with your life in this area of self care, but feel that if you paid more attention in this category, it would positively influence your level of motivation.

Give yourself a score between **1 and 4** if you are unsatisfied with your life in this area of self care and know that if you paid even a little more attention in this category, it would positively influence your level of motivation.



**Sleep** - are you getting the recommended 7-8 hours of sleep a night? If not, how much sleep are you averaging?

**Exercise** - are you able to perform at least 150 minutes of aerobic or cardio activity each week?

**Stress Management** - If your stress level is low and you feel you are able to manage stress well, give yourself a score between 8 and 10. If your ability to manage stress fluctuates and you don't feel you have a good handle on it consistently, give yourself a score between 5-7.

If you find you are in a constant state of stress and it is affecting the quality of your life, give yourself a score in the range of 1 to 4.

**Diet** - How consistent are you at making healthy dietary choices?

**Substances** - How effectively do you manage your consumption of substances like caffeine, alcohol, nicotine or others?

**Mindfulness, Meditation & Breathing** - How consistent is your mindfulness and/or meditation practice? How conscious are you of practicing proper breathing techniques? (Belly breathing or deep diaphragmatic nasal breathing versus shallow breathing)



## ***Step 2 - You should now have a completed Wheel of Life.***

An example is included for your reference.

If you have scores of **8** to **10** for any of the categories, these factors are **not** negatively impacting your motivation. They should remain on your radar though. Check on them regularly to ensure they don't become motivation inhibitors in your life.

If you have scores of 5 to 7 for any of the categories, these particular areas are noteworthy and should remain consistent in your line of sight. There is an opportunity to explore how much attention you may wish to dial up this area of your self-care regime.

If you have scores of 1 to 4 for any of the categories, you are not very satisfied in this particular area of your self-care and you will need to explore ways of enhancing your satisfaction here. No need to get down about your scores. It just means you've identified a potentially high motivation blocker and there now is a great opportunity to make some changes in your approach moving forward.



***Step 3 - Complete when you're in Module 3  
ONLY.***

Answer these 4 questions.

1. Is my Self Care Wheel crooked or balanced?

2. Where are my biggest opportunities for self care development?



3. Why did I score myself in each category the way I did?

4. For each category, what is the ideal score I would like to achieve in the next 3 months to 1 year?



***Please reflect on the following:***

If my self-care wheel is crooked, how smooth will my ride towards my goal(s) be?

How efficient and effective will I to be in life if I cannot move forward in a balanced way?

If I put too much focus on one area of my self care wheel, what might it cost me in other areas?

In moving forward, I know that challenging myself and pushing outside of my comfort zone will help me expand my Self Care Wheel and make it bigger while maintaining a balance.





## ***Step 4 - Taking Action***

The Self Care Wheel activity is the helpful starting point for setting S.M.A.R.T. goals.

Remember to look at your response to question 4: *For each category, what is the ideal score I would like to achieve in the next 3 months to 1 year?*

You have a visual snapshot of how satisfied you are in different self care areas of your life. Through self reflection, you have identified the categories that have the greatest influence on your motivation level.

It's time to commit to taking action.

Pick one category to focus on for now. List 3 specific steps you will take in the next month to enhance your effectiveness in this area.

Track your results.

Download the Self Care Wheel 1 month from now and capture your scores to track your progress. The visual element of this activity is the key. Keep your Self Care Wheel handy so you can update your results at least every 6 months and celebrate ways you're mitigating any motivation blockers in your life.

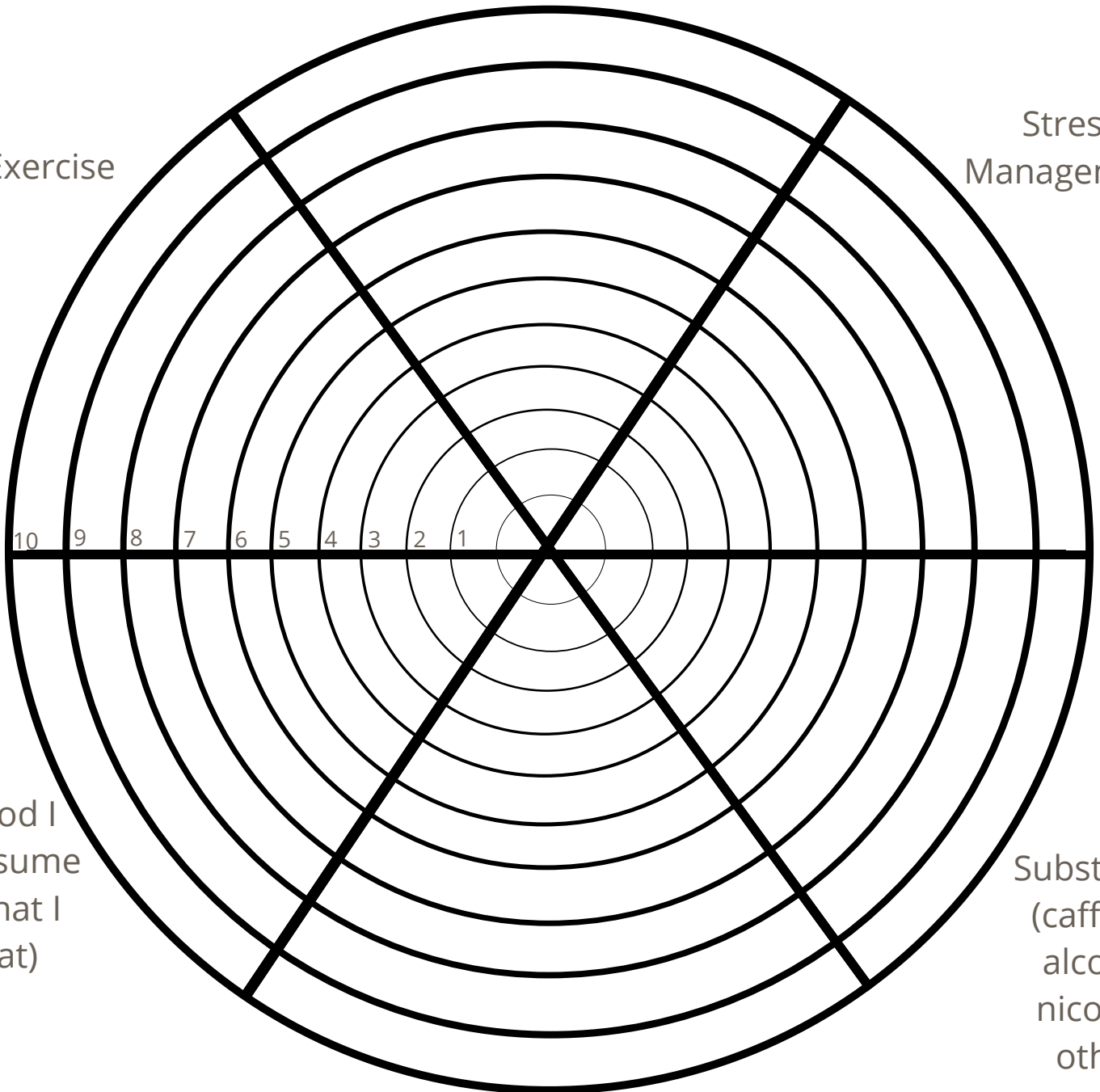
# My Self-Care Wheel



Sleep

Stress Management

Exercise



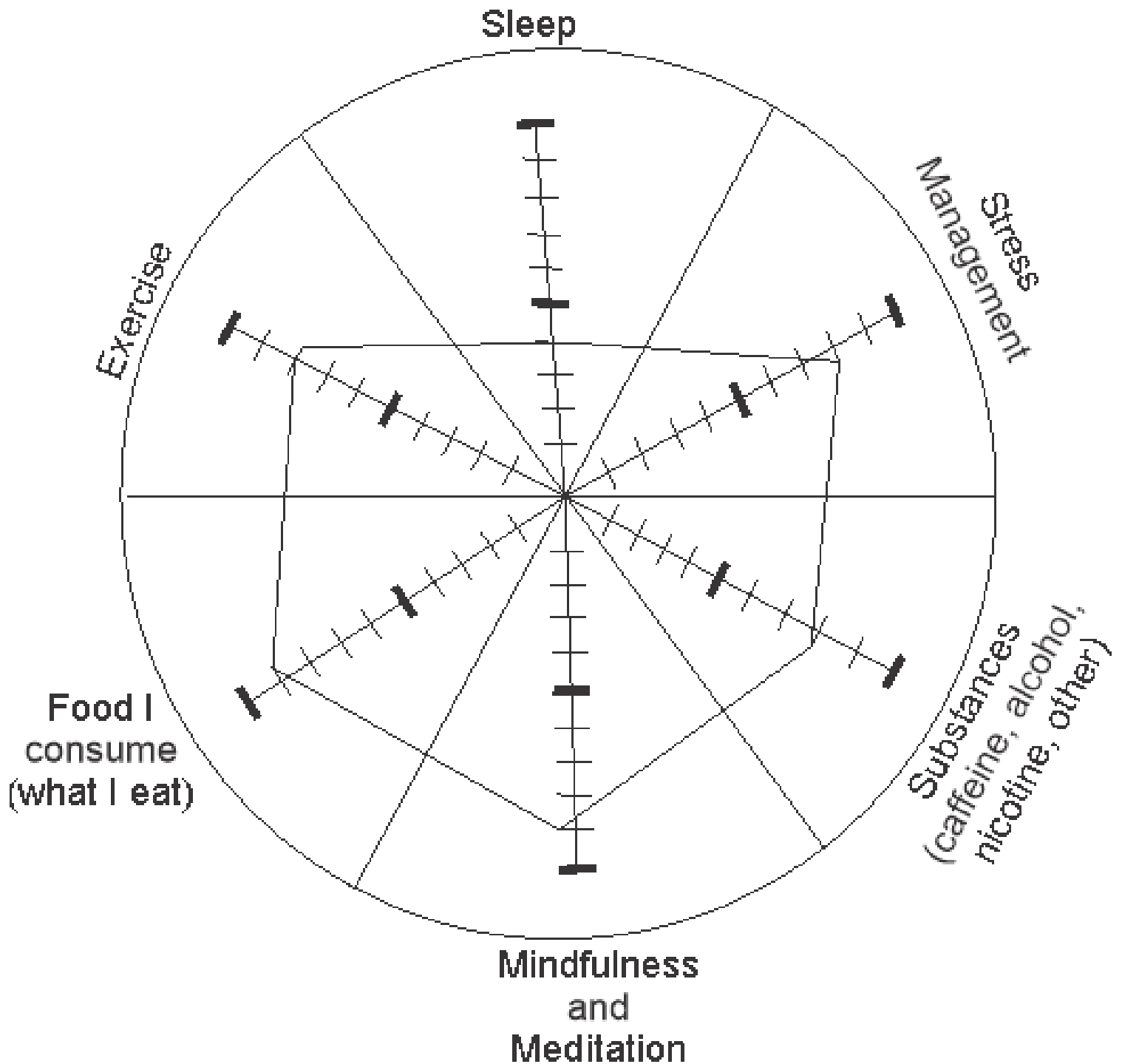
Substances  
(caffeine,  
alcohol,  
nicotine,  
other)

Mindfulness and  
Meditation

Food I  
consume  
(what I  
eat)

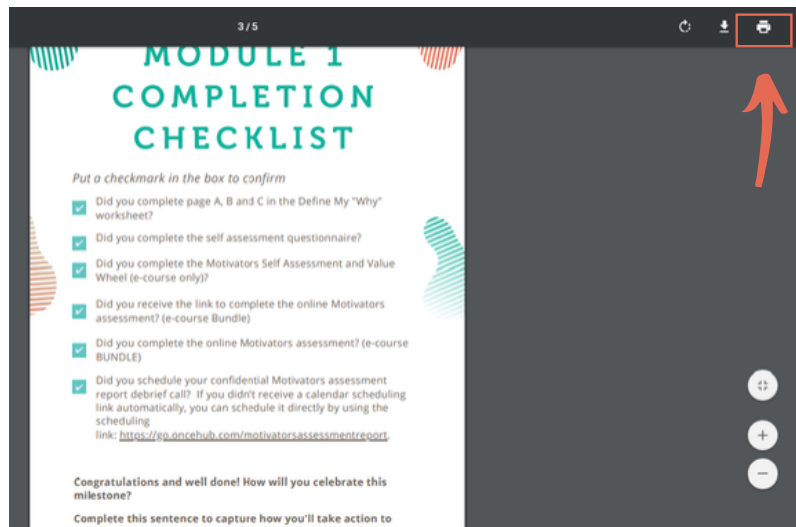
10 9 8 7 6 5 4 3 2 1

# Example of a completed self care wheel

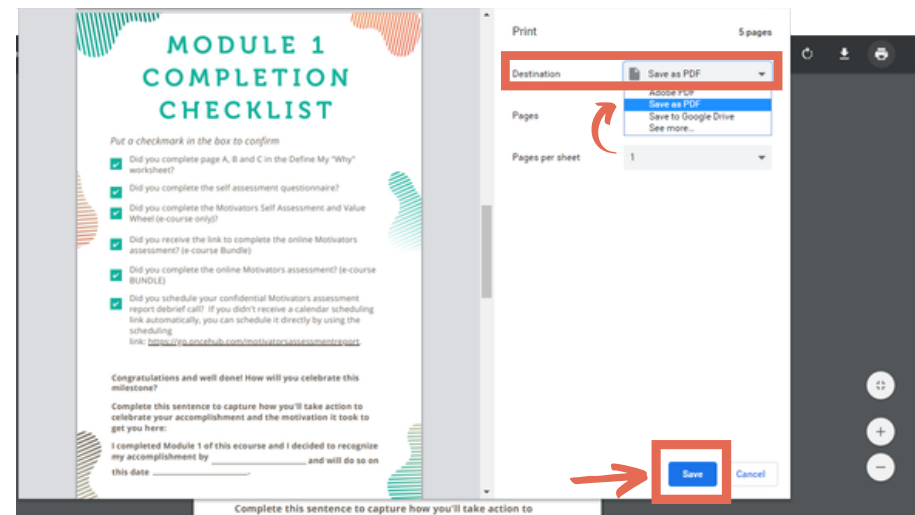


# Guide on how to save your worksheet

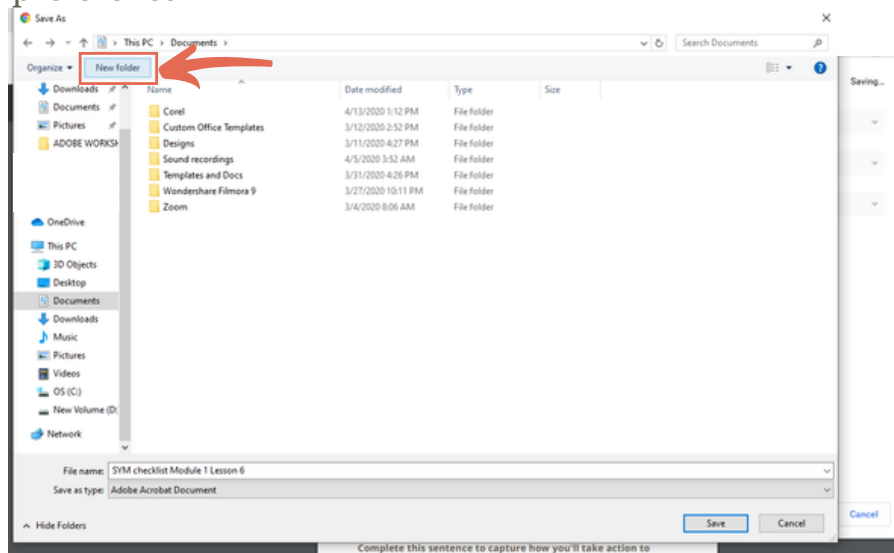
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

