

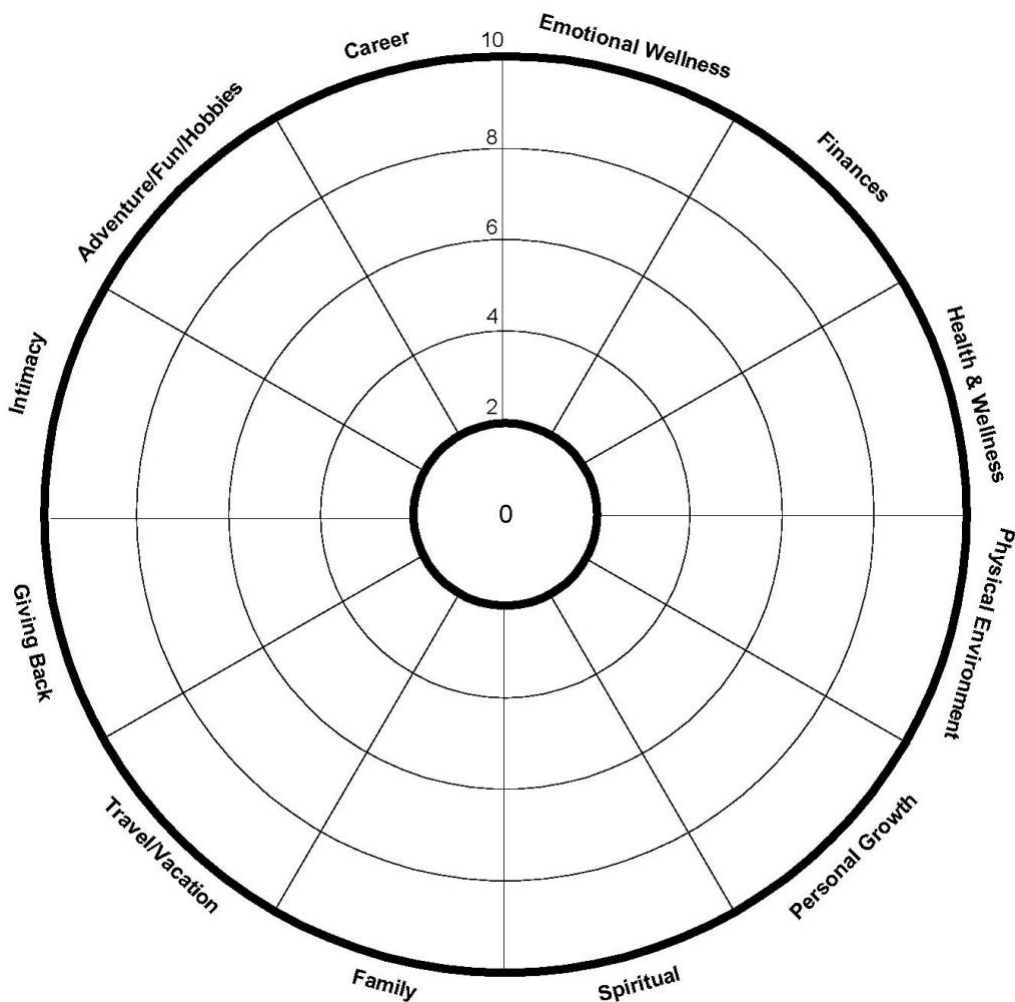
How is Your Life Wheel Shaped?

A Life Wheel can help you determine if and where your life is out of balance.

By filling in the Life Wheel and working through the questions below, you will get a better sense of how balanced your life currently is and what areas might need more attention. A more balanced life can mean less stress, a higher sense of personal fulfillment, and making better choices in with whom and how you choose to spend time or resources, leading to an overall sense of well-being or wholeness.

To fill in the Life Wheel, start by choosing a category. Using the scale 0 to 10, (0 being no wellness or satisfaction and 10 being complete wellness or satisfaction) determine the number that accurately reflects your sense of well-being in that category. Color in each spoke of the wheel, beginning at zero, up to the number you feel most accurately reflects your life today.

You do not have to submit your filled-in Life Wheel to the instructor, simply list the number for each category. For example: Emotional Wellness= 6, Finances= 5, etc.



**Completing Your Life Wheel Questions and Setting BeSMART Goals for Well-Being
Assignment Due June 30, 2023**

**Complete Your Life Wheel Observation Questions (No more than 1 page total)
Looking at your completed Life Wheel, answer the following questions:**

- List the categories for your Life Wheel and the number for each category.
- What are you able to say about your life given the shape of your Life Wheel?
- What area did you give the two highest scores? What specifically lead you to rate these highest? What areas did you score lowest? Why?
- If you continued to live with the way your wheel is shaped, what would your life look like in one year, five years, ten years? What would your ministry look like in one year, five years, ten years?
- What area could you make the biggest difference with the least amount of effort? List one action step you can do today and/or tomorrow that will get you closer to a ten in this area.
- What area that you scored less than a six are you most motivated to work on and why? What action step can you take in this area that will bring you closer to a ten?
- List any obstacles that might get in the way of accomplishing your action step. What can you do to overcome these obstacles?

To help you set action steps for wellness and wholeness, try using the BeSMART goal formula listed below:

Be . . . in prayer about how you hear God calling you to transform before making any goals.

Specific: Clearly state your goal. Where you are going?

Measurable: How will you measure progress?

Attainable: Are you are striving for something that is within your capabilities?

Relevant: Are you are concerned enough to make this goal a priority? What is your “why”?

Time-Specific: Create a timeline or deadline for this goal. When will you have it accomplished? **August 4, 2023 is the last day of class.**

Questions to Consider as you set BeSMART Goals for your Life Wheel Categories

NOTE: Use these questions as a **guideline** as you develop your goal. **You do not have to answer all questions. You do not have to answer every category.** These are simply questions to encourage deeper thinking in each category as you identify goals.

Emotional Wellness:

What situations in ministry have connected to an unhealed pain that I have in my life? What issues in my personal life need confession, mediation, or further processing?

Finances:

Am I in debt as much as to embarrass me in my ministry? How am I managing the financial resources that God has given me? Am I able to set financial goals and save? Am I living paycheck to paycheck? Do I need to reevaluate my lifestyle?

Health and Wellness:

Do I go for yearly physicals and suggested health checks? How do I engage my body and keep active? What methods do I incorporate to address the stresses in life and how they manifest themselves in my body?

Physical environment:

How do I care for the environment that God has gifted me? My home? Office? How do I participate in caring for the world that God has entrusted to humankind?

Personal Growth:

How do I keep my mind sharp by stimulating biblical, theological, and practical approaches to life and ministry? How am I challenging myself to critique or integrate new thoughts in my life and practice of ministry?

Spiritual:

This category is often taken for granted by pastors by limiting spiritual practices to prayer, Bible study, or fasting. Spiritual disciplines take on a wide range of activities that can be done alone, one-on-one, with a small group, or in a larger community. What spiritual practices do I have that encourage authenticity with self, God, and others? What am I practicing daily? Weekly? Monthly? Annually? Am I taking time to retreat, spend time in solitude, and under the direction of someone who will listen to God, to me, and encourage me to hear God's voice? Do I practice only one form of prayer, or do I experiment with new and different methods to connect to God? When have I worshiped without having to coordinate or lead the effort, or engage in a critique of a worship service? How have I connected to God through the sacraments? Refer to Adele Calhoun's book *Spiritual Disciplines Handbook: Practices that Transform Us* for suggestions on expanding spiritual practices.

Family:

How have I spent time with my family? Have I spent quality time with my spouse/significant other? Am I actively involved in the life of my children/grandchildren? In what family transitions or celebrations have I participated? Do I stay connected to my nuclear family, family of origin, and extended family? What plans do I have for family time this week, month, year?

Travel/Vacation:

Am I using my vacation time or do I leave days on the table at the end of the year? Do I have a sense of guilt for taking or making plans to take time off? Am I able to spend time away without feeling the pull to accomplish work or check emails/voicemails?

Giving Back:

Working in ministry gives pastors the semblance of being in service twenty-four hour a day, seven days a week. While this is true, this does not create a shortcut for pastors to skip serving and giving back in other ways, especially ways outside of your ministry setting.

Intimacy:

Do I have friends outside of my ministry setting and do I nurture those relationships? Do I connect with friends on a regular basis? Do I have healthy communities of accountability and intimacy where friendships and relationships are nurtured? Do I have a community of support where I can celebrate, cry, complain, and share their emotions without pastoring them?

Adventure/Fun/Hobbies:

Do I have a sense of fun and develop interests outside of my ministry work? What do I love to do? Do I take time to do it? When was the last time I laughed uncontrollably? When was the last time I read a book that had nothing to do with ministry or sermon preparation?

Career:

As I look at the larger picture of my ministry, where do I see God leading? What practical skills do I need to get there? What goals do I have for my ministry setting? What goals do I have for a specific gift that God has given that is not being used? How am I nurturing others to live their call? If you are bi-vocational: How fulfilling is your career? Where is your passion to serve/work?