

Your Wheel of Fortune Self-Care Activity 1

Instructions:

1. **Get a Sheet of Paper:** Draw a large circle.
2. **Divide Your Circle:**
 - If *spiritual self-care* is **not** a priority for you, draw a small triangle, with just **2 lines**, inside the circle to create **3 sections**.
 - If *spiritual self-care* is important, draw an X or plus sign inside the circle to create **4 sections**.
3. **Label the Sections:**
 - Write "**E**" for emotional, "**P**" for physical, "**M**" for mental.
 - If you have 4 sections, add "**S**" for spiritual.
4. **Reflect on the Last 7 Days:** In each section, write 1-3 activities that have refueled that area of self-care.
 - Example: In **M (mental)**, you might write "*Played scrabble with my daughter*" or "*Read a chapter of my book.*" In **E (emotional)**, you might write "*Had lunch with a colleague*" or "*Spent time outside.*"
5. **Set a Goal for the Next 30 Days:** In each section, write 1 thing you hope to do in the next month to support that area of self-care.
6. **Take 2 – 3 minutes:** Reflect and write freely, without judgment. This is your self-care maintenance plan.

Debrief: When you are finished, please answer these two debrief questions in the chat box (or, if you prefer, you can unmute and share with the group):

1. *What stood out to you as a key area for self-care after completing your wheel?*
2. *What's one small change you can make in the next 30 days to support your self-care?*









