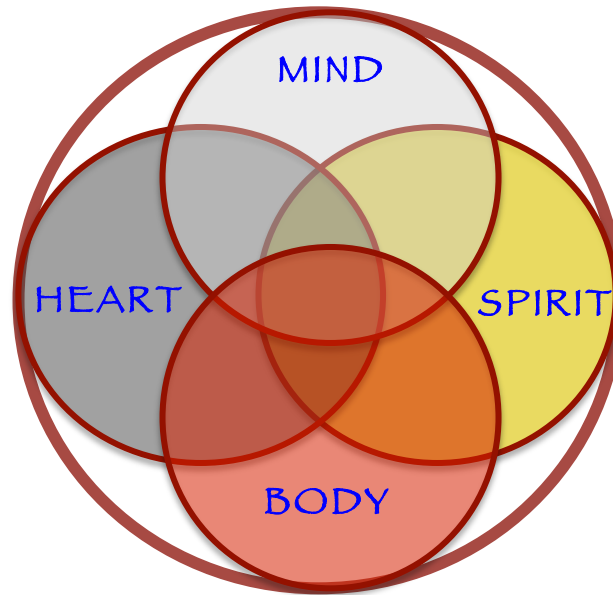


Map of Awareness

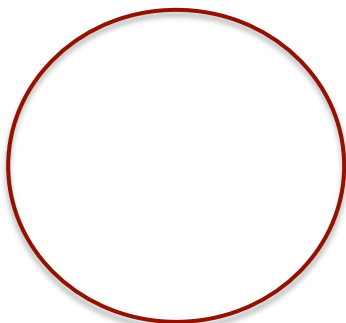
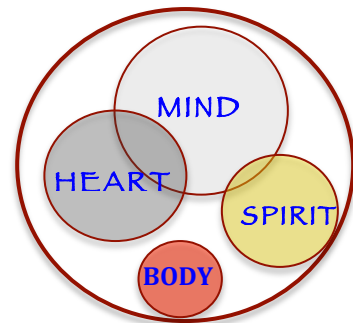
Wellness Self-Assessment



Aspects of Wholeness as Individuals and Teams

One way to measure our experience of wellness for ourselves as well as our team is in terms of four different fundamental aspects of being: Mind, Heart, Body and Spirit. The above image, or map represents an ideal balance of these qualities within an individual or team, with four inner circles appearing equal in size and with a significant amount of overlap or intersection.

By the way of contrast, the map to the right shows a person/team who is predominantly mental, with less emphasis on emotional and spiritual aspects, and is disconnected from the body or physical wellbeing. Note the Mind, Heart and Spirit still inform and support each other (overlapping) while Body is out of touch with the other three.



Using the circle to the left, redraw the four circles as they might seem within yourself or your organization, with the size of each circle representing the relative amount of time, energy and awareness you bring to each aspect, and the amount of overlap representing mutual support and integration. Now draw another representing your team: analytical, intuitive, doer, and visionary.

Which aspects of yourself represented by the map is the most developed?
Nourished? Neglected? Helpful? Reliable? Needy? Fun? Familiar?

How do you take care of your mind? (thinking, reasoning self)?

Your Heart (emotional , intuitive self)?

Your Body (doer, physical self)?

Your Spirit (creative, visioning, imaginative, spiritual self)?

How often do you consciously do things that support the health of your:

Mind?

Heart?

Body?

Spirit?

Through which aspects of yourself do you express yourself more readily?

At work?

With family and friends?

When you are by yourself?

Which of the four Aspects of Wholeness is the most difficult for you to care for, and why?

What in your life do you need to change, add to or eliminate in order to give you more sense of balance and wellbeing?