

# WHEEL OF CONGRUENCE

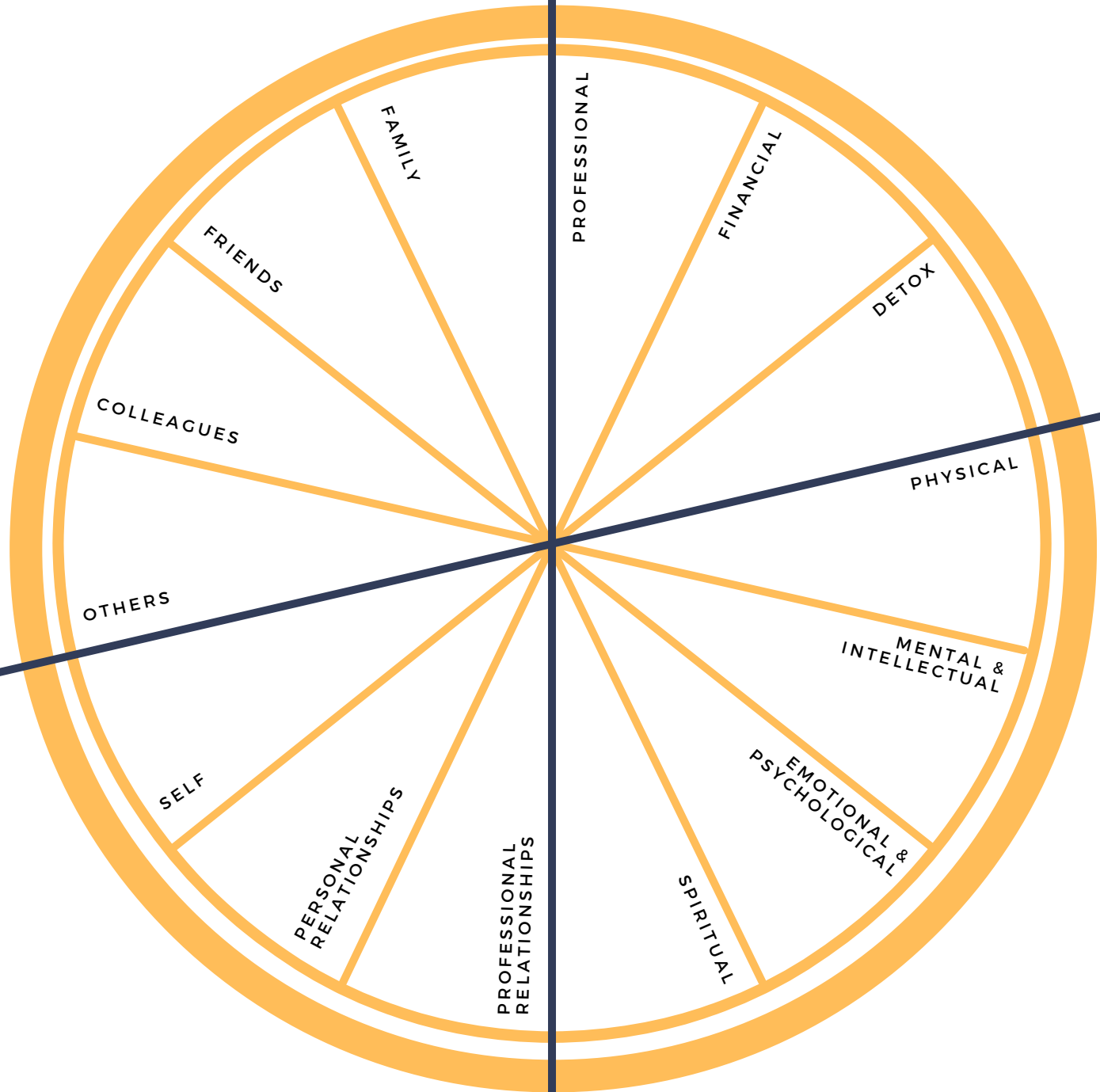
INSTRUCTIONS ON NEXT PAGE

## CONNECTION

THE RELATIONSHIPS THAT MATTER

## INTENTION

CLARITY TO KNOW WHERE YOU'RE HEADED



## PRESSURE

BALANCE OF APPLYING & RELEASING

## ENERGY

ALLOCATING RELEVANT AND AVAILABLE RESERVES

# WHEEL OF CONGRUENCE

**STEP 1**

Make a dot in the "pie slice" to mark how well that category's going for you. Closer to the outside of the circle or the wider space of the pie slice, the better things are going. Closer to the inside of the circle or in the narrow space of the pie slice means that area's not so good. We will often be somewhere in the middle.

**STEP 2**

Connect the dots. Draw lines to connect your dots and see what your "circle" looks like. There's no such thing as a perfect score. None of us will ever have all of our dots on the outside of the circle. These things are always in flux, and there are times when it makes sense for something to be represented as low. The point of this is to help us see what to pay attention to today as well as to look for patterns that might emerge over time.

## CONNECTION

THE RELATIONSHIPS THAT MATTER

*HOW CONNECTED ARE YOU RIGHT NOW IN THE RELATIONSHIPS THAT MATTER?*

- FAMILY - YOU CAN DEFINE FAMILY IN WHATEVER WAY FITS YOU.  
\*SOME PEOPLE LIKE TO PUT MULTIPLE DOTS IN THIS SECTION DEPENDING ON HOW YOU'RE THINKING ABOUT PARTICULAR FAMILY MEMBERS
- FRIENDS
- COLLEAGUES
- OTHERS  
\*THIS IS AN AREA FOR YOU TO INCLUDE ANY OTHER SIGNIFICANT AREAS OF CONNECTION. OR IT CAN BE LEFT BLANK.

## INTENTION

CLARITY TO KNOW WHERE YOU'RE HEADED

*HOW CLEAR AND CERTAIN ARE YOU ABOUT WHAT TO DO NEXT IN EACH OF THESE AREAS?*

- PROFESSIONAL
- FINANCIAL
- HOBBIES/DELIGHT

## PRESSURE

BALANCE OF APPLYING & RELEASING

*HOW ARE YOU DOING WITH KNOWING WHEN TO APPLY AND WHEN TO RELEASE PRESSURE IN EACH OF THESE RELATIONSHIPS?*

- PROFESSIONAL RELATIONSHIPS
- PERSONAL RELATIONSHIPS
- SELF

## ENERGY

ALLOCATING RELEVANT AND AVAILABLE RESERVES

*HOW ARE THE RESERVES YOU NEED FOR EACH OF THESE AREAS?*

- PHYSICAL - HOW'S YOUR BODY MOVING?
- MENTAL/INTELLECTUAL - WHAT'S YOUR MIND'S CAPACITY TO LEARN?
- EMOTIONAL/PSYCHOLOGICAL - HOW ARE YOU MANAGING FEELINGS?
- SPIRITUAL - HOW'S YOUR SOUL HOLDING UP?

**WANT TO TALK ABOUT YOUR RESULTS?**

Set up a free 10-minute phone consultation with Celia King, founder and lead consultant at Arrants McSwain Leadership Development. You can schedule that phone call and see our training and coaching programs at [www.arrantsmcswain.com](http://www.arrantsmcswain.com).