

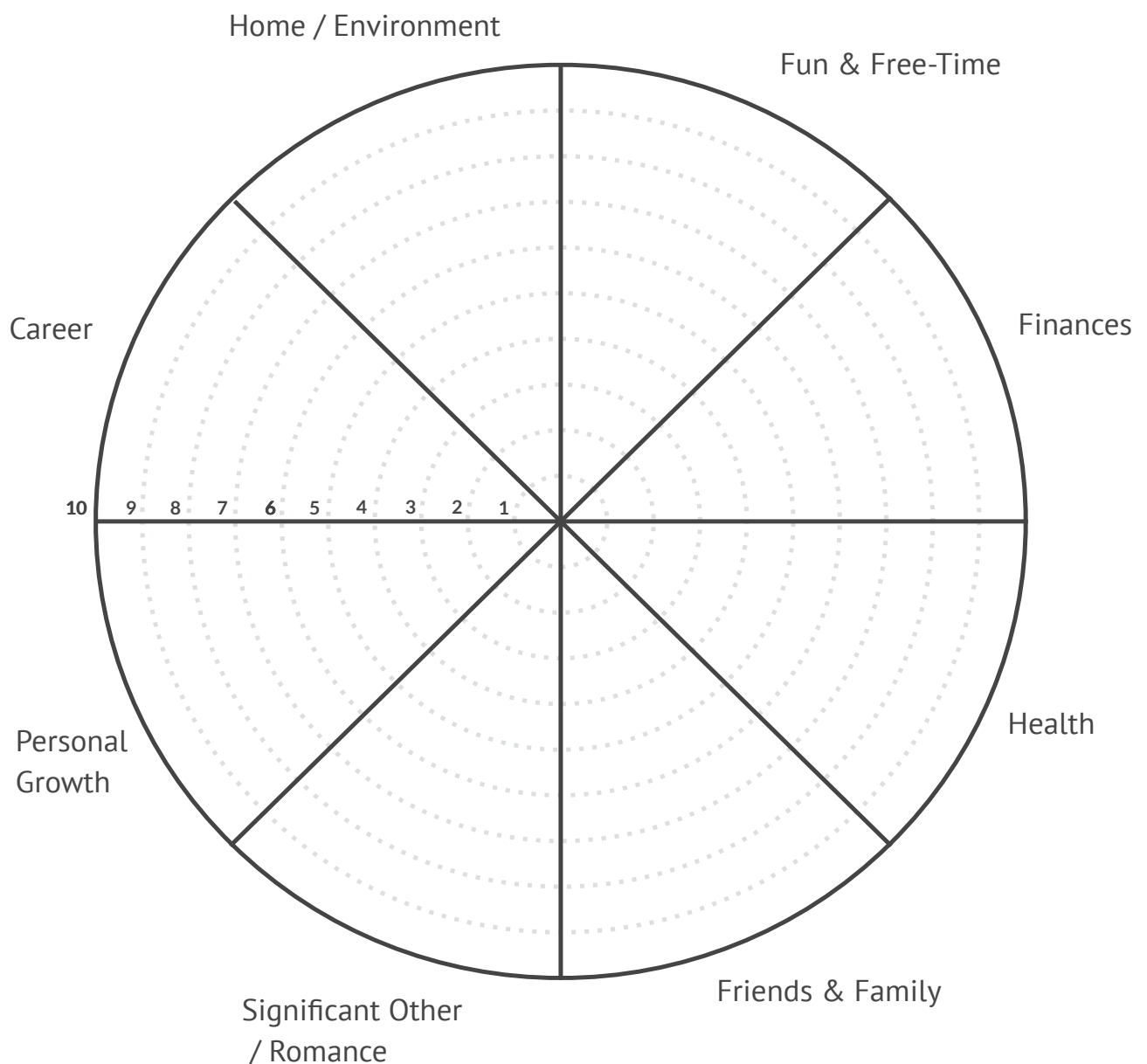
Wheel of Standards



15 Minutes



Visualise all the important areas of your life at once to identify which personal standards are the most important to you.



Wheel of Standards



Life area	Specific expectations
<i>Health & Fitness</i>	<i>Be more determined to: Quit smoking Eat less sugar Go running</i>

1. These are various life areas in which you might have certain **expectations** of **yourself** and the behaviours you show. Re-label the wedges if needed so that all the important areas of your life are represented.
2. Assign each wedge a score from 1-10 that reflects **how important** your expectations of yourself are for you in this area.

1 = extremely unfulfilled; 10 = extremely fulfilled

3. Fill in each wedge so that the size of the wedge is representative of the score you have given it.
4. Once you have filled in all of the wedges, take a look at the wheel as a whole and take some time to reflect:
 - Are there any big discrepancies between areas?
 - Why do you think this is?
5. Now, focus on the areas that are coloured the most, i.e. that are most important to you in your life. Per area, use the table to write down what expectations exactly you have of yourself in that area.
6. Having identified these 'high importance areas', you can continue with the '**Setting Expectations**' and '**Changing My Standards**' worksheets, starting with the areas that you have just identified.
7. Once complete, you can move on to the areas you identified as less important in your wheel.