

THE ULTIMATE 7 STEP GUIDE TO THE SELF-CARE WHEEL



HOW TO CREATE THE LIFE YOU LOVE WITH THE
#1 RATED SELF-CARE TOOL IN THE WORLD

OLGA PHOENIX MPA, MA

HI NEW FRIEND!

Welcome to the Self-Care Wheel Guide!

I'm very happy and grateful that you are here today! Whether you are here to gain the tools necessary to dramatically improve your own self-care, self-love, wellbeing, and happiness or to inspire others to make a positive life transformation and create lasting change - you are in the right place! This is the ultimate 7-step guide to creating a healthy, meaningful, fulfilling, and joyful life for you and countless others!

For the past 15 years I've been fortunate to serve as a self-care, resilience, and wellbeing coach, speaker, and strategist- empowering people and agencies all over the world to grow and thrive. Through years of research and practice, I discovered several powerful methods for creating a healthy and happy life we love. One of the most simple and effective ways to do this is an ongoing, personalized, and sustainable self-care practice. It banishes stress, nurtures self-love and self-esteem, creates focus and meaning, builds resilience, boosts wellbeing, and allows us to feel, live, and be at our best. But since most people struggle with creating and sustaining a self-care routine, they don't get to enjoy the amazing benefits that come along with it.

This is why in 2013 I created the Self-Care Wheel, a comprehensive six-dimensional wellbeing tool, featuring 88 self-care activities. The Self-Care Wheel and its two trusted companions, the Self-Care Wheel Assessment, and the Create-Your-Own Self-Care Wheel tools provide a wealth of new ideas and open up an engaging space for self-discovery, evaluation, and reflection. They help us identify our strengths, challenges, priorities, and goals-effectively narrowing down our focus to areas of our lives that require the most attention. This eye-opening process provides inspiration, clarity, and motivation-resulting in an educated, intentional, sustainable, and personalized self-care practice and a happier and healthier life!

Because of its simplicity and transformational power, this dynamic Self-Care Wheel trio has become one of the most searched, downloaded, and media featured self-care tools in the world! Universities, hospitals, schools, corporations, police and fire departments, mental health programs, and governments worldwide are utilizing the Self-Care Wheel tools to transform health and wellbeing of their clients, students, teams, and communities. If you or your agency are one of them-I thank you and commend your leadership in the wellbeing efforts! If you are looking to bring these tools to your community, please visit my website for more information and to acquire the Self-Care Wheel trio copyrights.

Whether you are an individual seeking more health and happiness in your life or an agency looking to bring more wellbeing tools to your community-the following pages will help you do just that! I can't wait to see what wondrous gifts, opportunities, and discoveries this guide has in store for you, your family, friends, your clients, students, teams, and communities! What I know for sure is that with a little bit of effort and dedication this self-discovery journey will equip and empower you to create a vibrant, meaningful, healthy, and joyful life you love!

In deepest gratitude for all you are and all you do,



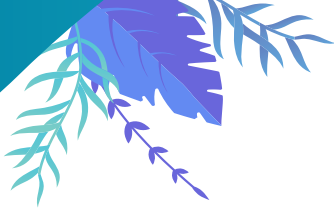
Olga Phoenix, MPA, MA

Website www.olgaphoenix.com

Courses academy.olgaphoenix.com

Social Media [@theolgaphoenix](https://www.instagram.com/theolgaphoenix)





WHAT IS SELF-CARE?

Don't let Instagram influencers fool you, self-care is so much more than massages, bubble baths, luxury skincare products, and shopping sprees! Real self-care is about learning what nourishes our body, mind, and spirit, it's about discovering what makes us feel whole and free, what gives us purpose, what makes us feel like we matter and belong. It's about a journey of becoming our own best friend. Real self-care is creating an intentional full purposeful lifestyle that allows us to feel and be at our best. It's about developing a personalized and sustainable self-care practice that becomes an essential core component of our lives.

WHY IS SELF-CARE IMPORTANT?

A comprehensive, personalized, and sustainable self-care practice banishes stress, anxiety, overwhelm, and prevents burnout. It improves our wellbeing, energy, mood, and sense of self-worth. It makes us strong and resilient. It nurtures our relationships and gives us more time to do the things we enjoy. In short, a sustainable, well-rounded, and personalized self-care practice has the power to help us create the life we love! How exciting and hopeful is this?





HOW DO WE CREATE A PERSONALIZED AND SUSTAINABLE SELF-CARE PRACTICE?

Despite some myths out there, there is no pre-existing, cookie-cutter self-care routine that works for all. Every single self-care practice that works sustainably, over a long period of time, is completely personalized. It takes into account a person's current life circumstances, challenges, priorities, goals, motives as well as time availability, support networks, and financial resources. A multitude of self-care activities and strategies are brought to the table, examined, and shortlisted, in order to determine which ones could meet our needs and goals criteria and serve as a small but powerful combo in our wellbeing-building efforts. These are some of the major parts of an engaging, long-term, and successful self-care practice.

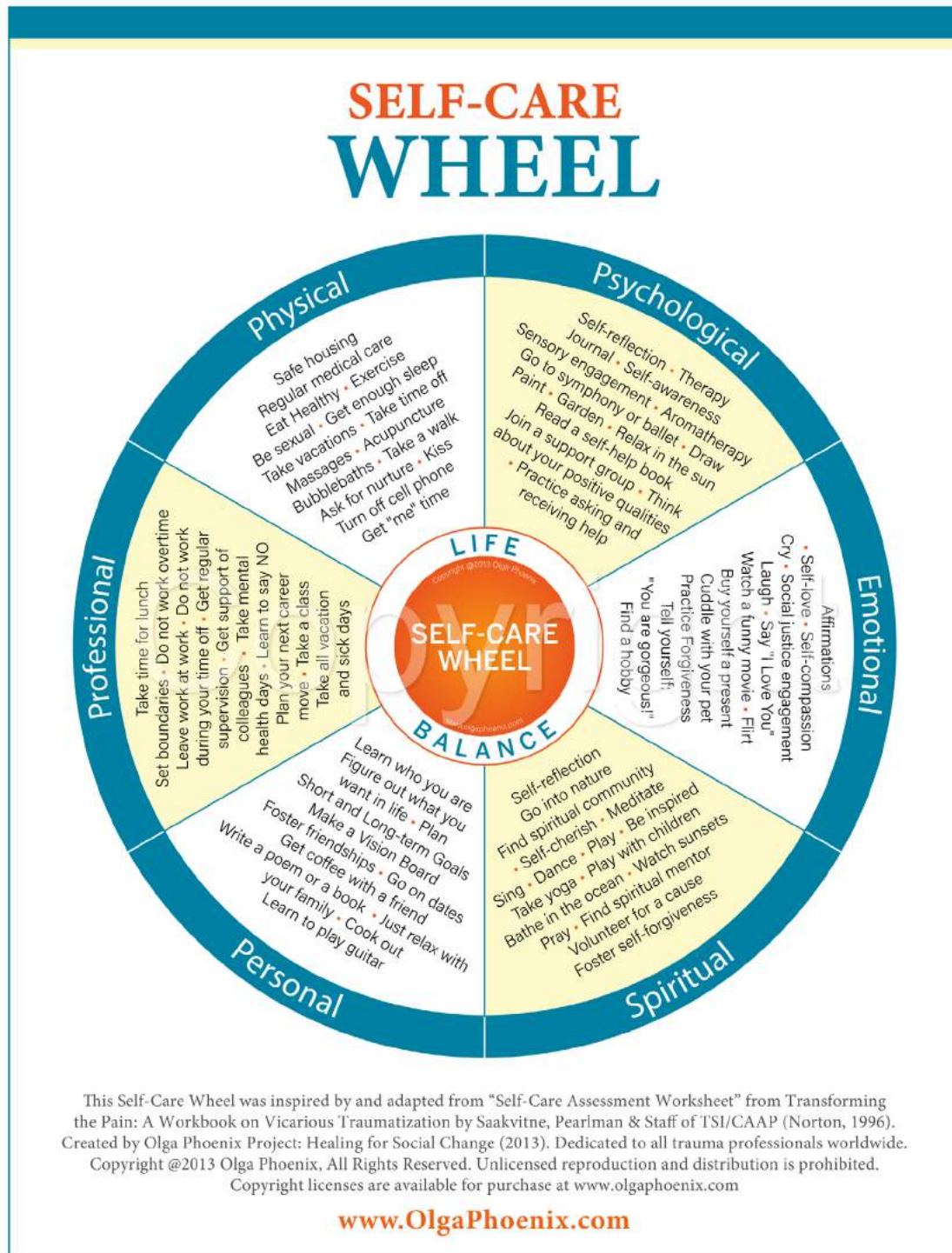
Most people really struggle with developing and sustaining an effective self-care routine. If this is you- I have a great solution for you! The Self-Care Wheel, featuring 88 comprehensive self-care strategies, and its two trusted companions, the Self-Care Wheel Assessment and the Create-Your-Own Self-Care Wheel tools, open up a very natural, mindful, and engaging space for self-discovery and evaluation. This dynamic trio gently encourages us to take stock and identify our strengths, challenges, priorities, and goals in regards to each dimension of the wheel and our lives. The results of this evaluation and reflection process will kickstart our intentional, sustainable, and personalized self-care, resilience, and wellbeing practice.

In the following pages, you will discover how the Self-Care Wheel tools and a simple 7-step process will serve as a powerful foundation to your sustainable, personalized self-care journey and a healthy, happy, purposeful, and flourishing life you love!

Sounds promising? If so, it's now time for step one! Allow me to introduce you to the Self-Care Wheel!



STEP 1: GET INSPIRED WITH THE SELF-CARE WHEEL





The Self-Care Wheel is a comprehensive, sustainable, wide-ranging, six-dimensional wellbeing tool. It covers six major areas of our lives: physical, psychological, emotional, spiritual, personal, and professional. Many of us tend to focus on one or two areas of our lives, completely forgetting all others. For example, work sometimes comes above all else. This creates an incredible lack of balance which slowly but surely begins to negatively impact all other areas of lives.

The Self-Care Wheel signifies that all six dimensions are equally important: to be fully present and effective in our personal and professional lives it's important to take great care of our physical needs; to build successful nurturing relationships with ourselves and others, it's paramount to nurture the psychological and emotional aspects of ourselves; to live a vibrant and purposeful life it's crucial to cultivate all six dimensions of our lives.



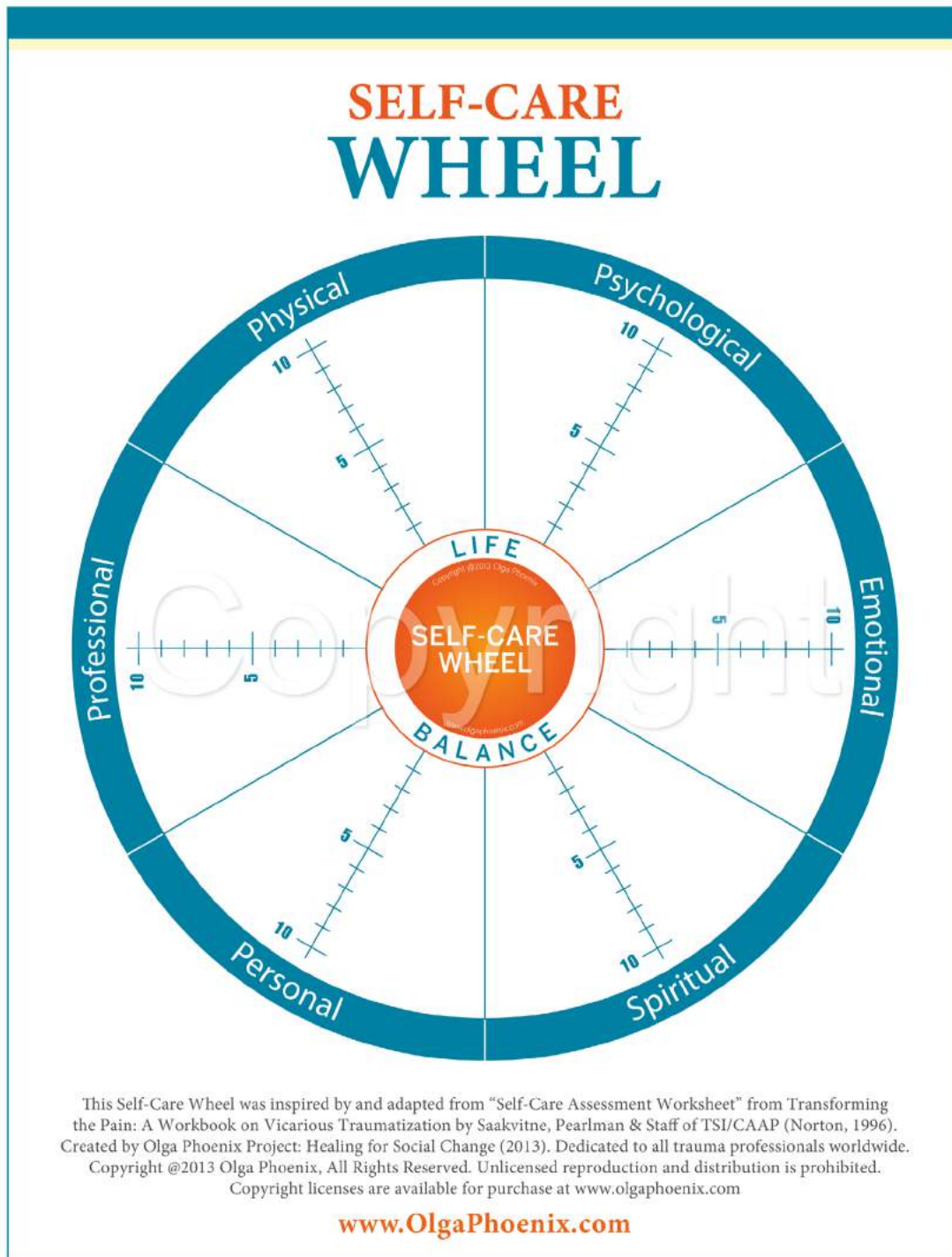
Within each of its six dimensions, the Self-Care Wheel features several broad-ranging self-care activities, specifically selected to dramatically improve the corresponding area of our lives. In total, the Self-Care Wheel showcases 88 diverse self-care strategies, ranging from meeting basic physical needs to finding life's purpose-providing a wealth of new ideas, possibilities, and perspectives. The goal here is to show ourselves that creating a sustainable self-care practice and improving our wellbeing is easier than it sounds and that there are numerous options and opportunities for us to do so.

When going over the activities within the Self-Care Wheel, people often come up with other self-care strategies pertaining specifically to them, their location, their hobbies, their social network. They say: "I can't bathe in the ocean right now (one of the activities mentioned on the Self-Care Wheel), since it's the middle of January in Minnesota, but I can definitely go play ice hockey with my friends as we used to a long time ago! I didn't know ice hockey is a form of self-care! Wow, finding strategies for my self-care routine is much easier and so much more fun than I imagined!" And just like that, they make a beginning in creating a personalized, sustainable wellbeing practice that will work for them, because it's fun, it's easy, because they like it, and because it does not feel like a chore anymore.

And did you notice that ice hockey could actually foster all of the six dimensions? Physical, because it's a great form of exercise; psychological, because your hockey buddies can be your best support group; emotional, because it makes you laugh and play; spiritual, because all of nature, frozen lake, and snowy pine trees make you notice and gasp at the beauty of this universe; personal because it helps you bond with others; and professional-in case you play with your best friends from work! This means that sometimes one activity could nurture multiple dimensions of our lives all at the same time, becoming a powerhouse of a self-care strategy, saving us an astounding amount of time, money, and energy resources!

See what I mean? Pretty simple, right? Now, that we've reviewed all 88 Self-Care Wheel activities, possibly came up with our own ideas, and are utterly convinced that sustainable and personalized self-care routine possibilities are practically endless and could actually be lots of fun, I'd like to introduce you to the Self-Care Wheel Assessment tool.

STEP 2: TAKE STOCK WITH THE SELF-CARE WHEEL ASSESSMENT TOOL





The major part of the successful self-care routine is assessment. I cannot tell you how many times both agencies and individuals start implementing certain self-care activities just because they see these activities working in someone else's life or someone else's agency. And not because they determined through an assessment process that these specific strategies are exactly what they need in this particular moment of their lives. One hundred percent of the time this approach results in discouragement and in abandoning of self-care routines.

Over time, we start saying things like: "Self-care does not work for me. I always fail at it. It's too expensive. I don't have the time. We instituted self-care practice at our agency, but our employees never took advantage of it, so we canceled the program." And on and on. The Self-Care Wheel is an amazing tool and it has worked for hundreds of thousands of people worldwide. However, if we took this great tool and we just started practicing every single activity on the wheel in a row, just because - chances are after a short while we'd start getting tired, overwhelmed, pressed for time, discouraged, and eventually give up.

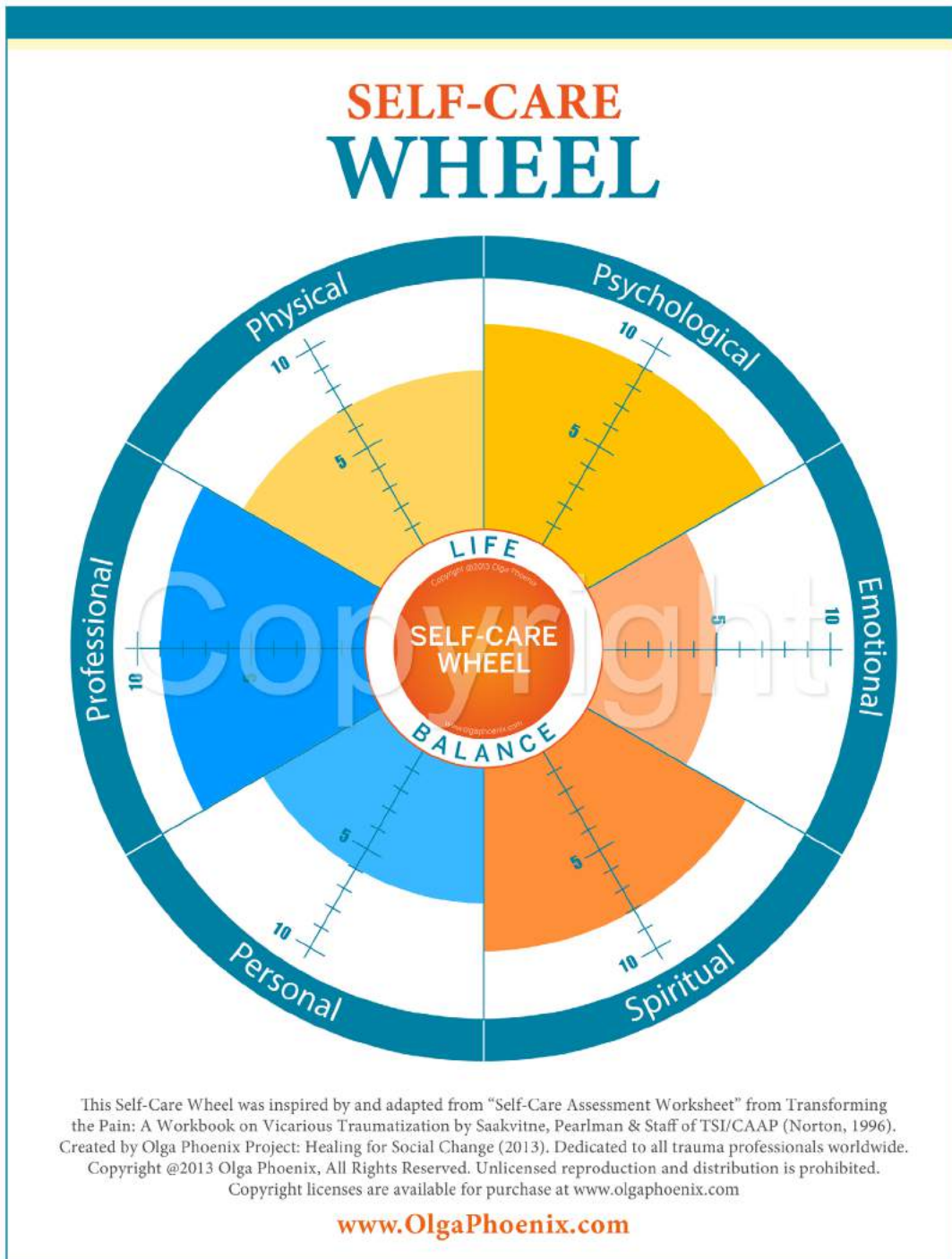
This why an assessment is the key. Positive outcomes are rooted in taking stock and making educated and intentional decisions on what will go into our sustainable personalized self-care and wellness practice and why. It saves us time, money, it keeps us motivated, hungry for more, and provides a sense of accomplishment because we actually are seeing results in areas that are important to us. Why? Because we have identified our top priorities, we made a shortlist of self-care strategies we enjoy and that work for us, and we are actually working on what needs to be improved. We have our "why" and are thus so much more motivated and likely to succeed in the long run.


To help us take stock and make more educated and intentional choices about our self-care routine is the Self-Care Wheel Assessment tool. Within each of its six dimensions, we can rate ourselves from zero to ten. With a score of 10 signifying that we are spending a lot of time and energy in this part of our lives, are completely satisfied, and the self-care activities we are utilizing here have done wonders for us. The score of 0 showing us that we haven't spent a lot of energy in this area of our lives possibly in a very long time. And sometimes it's a great thing because this is intentional, exactly how we want it, and it's our personal choice. And sometimes it might be something to think about and maybe decide to make a conscious effort to engage in this area more often because doing so would greatly improve the quality of our lives.

Now it is a wonderful opportunity to invest in ourselves, spend some time filling out the Self-Care Wheel Assessment, and discover what works, what's challenging, what's a priority, what could be put on the back burner, and what specific areas of our lives are calling for our nourishment, love, and care. Knowing this would make choosing and fostering our self-care, resilience, and wellbeing routine so much easier and within reach.



STEP 3: INTERPRET THE SELF-CARE WHEEL ASSESSMENT RESULTS





Whatever the results—we are one step closer to our personalized and sustainable self-care routine—thus one step closer to a happier, healthier, and more meaningful life. And it's a fantastic thing! Let's pat ourselves on the back for completing this undertaking—we know it wasn't easy. Now let's mindfully and non-judgmentally interpret our scores.

If our scores range from 8 to 10 in any of these dimensions, we are doing great! Chances are we are very satisfied in this particular area of our lives. We are obviously doing something right and it's working for us very well. The important thing is to reflect on which specific strategies have gotten us here and to continue doing what we are doing to ensure continuous life satisfaction in this area of our lives.

If our scores range from 5 to 7 in any of these dimensions, we are reasonably satisfied in this area but there is some room and possibly a desire for improvement. What an amazing opportunity to explore strategies and ideas that will help us to move up the scale!

If our scores range from 0 to 4 in any of these dimensions, this particular area might be challenging for us and we may want to explore ways to increase our life satisfaction here. Sometimes, however, these scores may mean that our current life situation does not allow for our engagement in this area of our lives and it's our choice to do so. Whatever the reason, this is an excellent and exciting opportunity for self-reflection, self-discovery, and growth!





STEP 4: REFLECT ON THE SELF-CARE WHEEL ASSESSMENT RESULTS

We may want to reflect on why we scored the way we scored in these dimensions - in order to help us determine what specific strategies and tools are working wonders for us and what areas may need more of our time and energy moving forward. Let's take some time to answer the questions below.

DIMENSION	SCORE (0-10)	WHY DID I SCORE THIS WAY?
Physical		
Psychological		
Emotional		
Spiritual		
Personal		
Professional		

Which dimensions or areas of my life I have the most satisfaction with? Why? Is there a common thread in regards to the time I spend there, activities or strategies I engage in, specific support systems I have?

Which dimensions or areas of my life I am most dissatisfied with? Why? Is there a common thread in regards to the time I spend there, activities or strategies I engage in, specific support systems I'm lacking?

Which dimensions of my life do I want to focus on to improve my life satisfaction levels?

What specific self-care activities can I utilize to improve my life satisfaction levels?

What specific self-care activities I'm currently using, what specific activities have worked for me in the past, and what activities I would like to try using in all of the six dimensions of the Self-Care Wheel?

DIMENSION	ACTIVITIES
Physical	
Psychological	
Emotional	
Spiritual	
Personal	
Professional	



Let's congratulate ourselves on taking time for us, and thoughtfully answering these questions! We are now equipped with the results of our hard work and self-exploration! Now we'll be able to Create-Our-Own Self-Care Wheel, full of personalized strategies, tools, and activities that will work specifically for us. Let's transfer our self-discoveries into our own, sustainable, and personalized Self-Care Wheel!



STEP 5: CREATE-YOUR-OWN SELF-CARE WHEEL

**SELF-CARE
WHEEL**

This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. Copyright ©2013 Olga Phoenix, All Rights Reserved. Unlicensed reproduction and distribution is prohibited. Copyright licenses are available for purchase at www.olgaphoenix.com

www.OlgaPhoenix.com



We have now created an educated, intentional, and precise snapshot of our personalized, sustainable, and well-rounded self-care practice. It's time to commit, put this wheel in motion, and start taking actions that will create a happy, healthy, and meaningful life we love!

STEP 6: TAKE SMART AND IMMEDIATE ACTION

What are 3 immediate actions we can take to help restore balance and enhance the areas of our lives we feel need it the most? Let's take some time and write down our 3 immediate actions below. To help ourselves with completing these actions, let's make our actions SMART (Specific, Measurable, Achievable, Realistic, and Time-bound):

IMMEDIATE ACTION	DESIRED RESULT	COMPLETION DATE
Action 1		
Action 2		
Action 3		



STEP 7: CREATE THE LIFE YOU LOVE

Now, let's pause and admire all this tremendous amount of work and self-discovery we've done! And all this fantastic progress we've made! As a result of this process, smart and immediate actions, and ongoing sustainable efforts we gift ourselves an invaluable opportunity to continue banishing stress and anxiety, sharpening our mental focus, spending time doing things we love with people dear to us, boosting self-love and self-esteem, building resilience, and dramatically improving our wellbeing and quality of our lives.

Imagine feeling calm, strong, purposeful, healthy, and happy on a very regular basis? Imagine getting better and better at taking care of yourself, and doing it with precise focus, self-knowledge, motivation, and love? Imagine having complete clarity about meaning and purpose of your actions, your goals, and the direction of your life? Imagine one day looking at yourself in the mirror and saying "I love my life!" and knowing that you were an active, strong, informed, resilient, and committed participant in making it so. This day is right around the corner for you! Your beautiful, full, healthy, and happy life is within reach. This journey starts with the 1st step towards yourself, your wellbeing, and your happiness. Start today. Don't wait another minute to get to know and to choose YOU!

I can't wait to see what wondrous gifts, opportunities, discoveries, and positive changes your life has in store for you! Go forth, do incredible things, and self-care, my dear friend!

In deep gratitude for all you are and all you do,

Olga



WHAT'S
NEXT?

Below you'll find some additional resources available to you as well as answers to the most often asked questions. I encourage and invite you to email me at olga@olgaphoenix.com with your questions, comments, suggestions, and recommendations about this guide, the Self-Care Wheel tools, or anything else that came across your mind while reading this publication. I very much look forward to hearing from you!

THE SELF-CARE WHEEL **COPYRIGHT LICENSING**

The Self-Care Wheel tools are absolutely free for personal use. Since the Self-Care Wheel tools are copyrighted intellectual property, copyright licensing is required to use it in any other way. Higher education and mental health professionals, trainers, online course creators, teachers, doctors, police officers, and a multitude of others are successfully utilizing the Self-Care Wheel tools to transform health, wellbeing, and happiness of their clients, students, teams, and communities. If you'd like to bring the Self-Care Wheel to

your community, please purchase the Self-Care Wheel copyright licenses at our copyright store: <https://olgaphoenix.com/shop/>. With purchase, you'll gain access to the highest quality non-watermarked Self-Care Wheel images in jpg and pdf, and a copyright license to reproduce, print, and publish the images in your professional life. Copyright licenses are available for both individual and agency-wide purchase. Please email copyrights@olgaphoenix.com with any questions. We are looking forward to hearing from you!



THE RESILIENCE WHEEL

If you love the Self-Care Wheel, you'll absolutely enjoy our other wellbeing tool, the Resilience Wheel! It features 3 core dimensions of resilience and wellbeing building: sustainable self-care, nurturing relationships, and living with purpose. Within these 3 dimensions are 36 powerful strategies designed to help you create a more balanced and flourishing life! The Resilience Wheel companions are the Resilience Wheel Assessment and the Create-Your-Own Resilience Wheel tools. I created "The Resilience Wheel Toolkit: Your Life-Changing Guide to Overcome Stress,

Boost Wellbeing, and Flourish!" for your free download (<https://olgaphoenix.com/resilience-wheel/>) to help you learn how to use these tools and to provide a powerful kickstart to your sustainable, personalized resilience and wellbeing journey and healthy, intentional, and happy life! The Resilience Wheel copyright licenses are available for both individual and agency-wide purchase at our copyright store: <https://olgaphoenix.com/shop/>. Please email copyrights@olgaphoenix.com with any questions. We are looking forward to hearing from you!

OLGA PHOENIX ONLINE ACADEMY

For those of you interested in learning more advanced self-care, wellbeing, and resilience tools and strategies for creating the life you love, there is the online academy. There, you'll find numerous self-care, resilience, and wellbeing-building courses that meet your goals, your time, and your budget! If you need more calm, peace, and wellbeing in your life, don't wait another minute to visit academy.olgaphoenix.com and get started!

KEYNOTES, TRAINING, AND CONSULTING OPPORTUNITIES

I offer a wide range of speaking, training, and strategic development opportunities. To learn more, please visit www.olgaphoenix.com. To request a keynote for your upcoming conference, private agency training, or resilience and wellbeing assessment, evaluation, and programming consulting opportunity, please email us at info@olgaphoenix.com. I cannot wait to see how I can be of service to you and your team!