

The Wheel of Connection



Where are you feeling disconnected in your life? Using the areas of connection highlighted in Dr Adam Dorsay's book, *Super Psyched*, select the categories that are most important to you and label each of the 8 segments on the wheel. Give each category a rating out of 10.

10 = Feeling fully connected and satisfied in this area

1 = Feeling completely disconnected and dissatisfied in this area

Categories

Myself

Partner/Spouse

Children

Family

Friends

Pets

Work

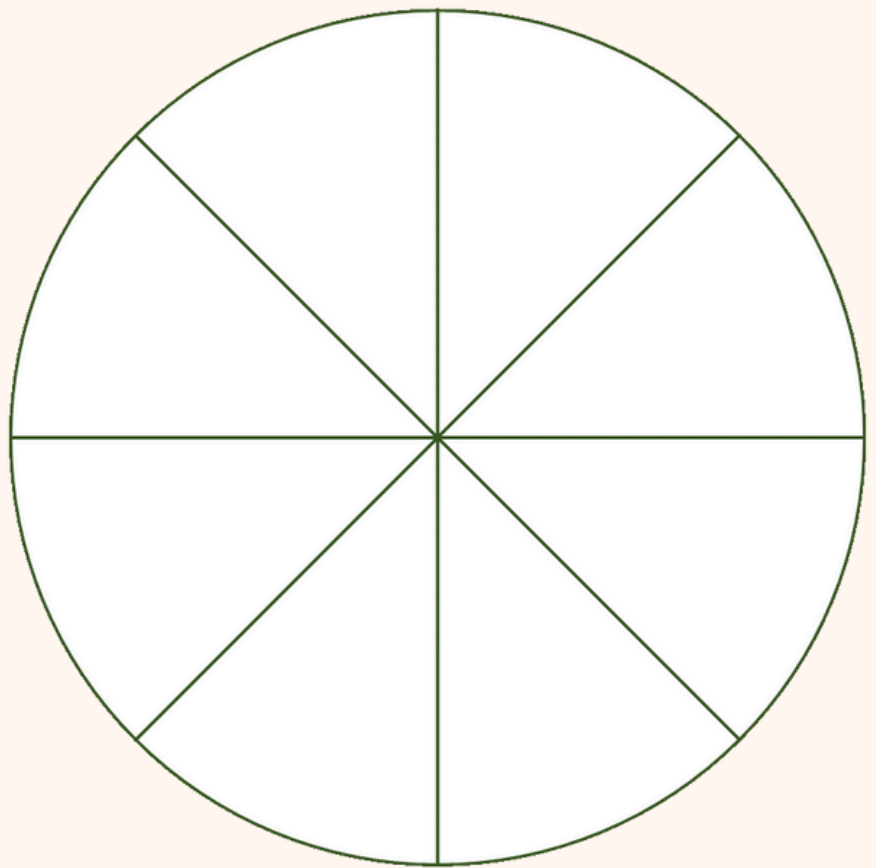
Community

Art/Creativity

Nature

Ancestry

Spirituality/Something Greater



Look at your scores and identify any areas that need your attention. Reflect on the following questions:

- What is the current situation in this area of your life? What was the reason for your score?
- What would you like to be different in this area?
- What action could you take to feel more connected in this area? How could you increase your score by just one point?