

## Textbook Activities

The Textbook Activities assist you in integrating the chapter's material and provide personal and professional insight. Many of the questions can be done on your own as writing explorations, although ideally you would also discuss them with colleagues. Some of these questions and activities are best done in a classroom setting or in a peer supervision group.



### Wheel of Life Exercise

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Look at the Wheel of Life on the next page. Consider each category. Take a moment to think about where you are right now. Where is that in relation to where you want to be? Then mark along the line for each of the 10 categories where you feel you are right now. Finally, connect the dots. Do you have a balanced wheel or does it look like a starburst? Keep in mind that it's very difficult to smoothly roll through life when your wheel (life) isn't balanced.

You also might mark the "spokes" with an arrow in the direction that you see that particular spoke going. For example, if you're in school, then the education dot is an arrow pointing to the outside. If there's no particular activity in that spoke, then just put a dot.

