How fulfilled are you? Find out with this exercise

“When a life is fulfilled, does it depend on how great or endless its action is, but rather on whether the circle is fully filled out.”
— Viktor Frankl

Spring is here, seasonally and energetically. The birds are flying back, the flowers are emerging, the leaves are blooming, and we have decided to take the time to examine and continue to bloom.

Most of us feel a little lighter, may be even a sense of wanting to jump into something more fully or explore something new. This is the perfect time to simply check in with ourselves in order to support this.

A beautiful self-awareness exercise that has been used for centuries is called the Wheel of Life.

There are eight segments that aim to capture as much as possible of our love relationships, personal growth, career, friends and family, physical environment, finances, fun and recreation, health, and personal growth. This is to take a few moments to slow down and ask yourself these questions:

1.) Rate each segment 1 to 10 — 10 being the highest score — how satisfied (not happy) are you with each segment of your life at this time (not necessarily today)?
2.) Once you have scored each segment 1 to 10, take a note of what feels energizing, affirming, clarifying.
3.) Of these, which one do you think is closest to 10?
4.) For one or two of the segments, decide if there is one action step you want to take to move your number closer to 10.

Please keep in mind that we are not aiming for perfection; 10 in all segments of life is not how we experience life.

It’s OK to have some areas scoring lower than others, that is how life flows. The hope for this exercise is simply check in with yourself, in ask some good questions and then choose if you want, take any actions that the energy of this score will support.

A few examples might be:
1.) That you want to call your friend (or family) that you haven’t spoken to in a long time, or send an email about a yoga class schedule, or set up an appointment with a new therapist, or plan a getaway to a new place.
2.) If you’re back about starting a savings account for a future that is fast approaching.

“Action expresses priorities.”
— MK Gandhi

At Kripalu, we are fullying the flowers blooming, and the birds are in the air. The flowers are blooming, the birds are flying, and we are already feeling the pull of the season.

“Perhaps one of the most fulfilling acts of life self-awareness exercise.”

We look forward to next month when we can come together to step boldly into our lives and their fuller expression.

Robert Mulhall is the CEO and president of Kripalu Yoga & Health in Stockbridge.

There are eight categories in the wheel of life: Physical, Health, Romance, Personal Growth, Career, Friends & Family, Physical Environment, Finances, and Fun & Recreation.

ROBERT MULHALL

Absurdly simple, heart disease with one simple step

Don’t take it with a grain of salt. There are many things in life we can control, and your blood pressure is one of them.

And yet, a half million people in the United States die every year from the effects of high blood pressure or hypertension, including 130,000 from stroke. One in two adults of American adults have high blood pressure and one in four have it under control.

Usually these are three people in the room: people with high blood pressure do not follow any treatment at all. If these same people were to choose just one simple step — reducing their salt intake — there could be a dramatic decrease in needless deaths from stroke and heart disease linked to high blood pressure. A study during May, which is National Stroke Awareness Month.

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