

# The Wheel of Personal Care and Action

A tool for planning growth

## ***“Conversations for Action” Touch on Many Aspects of Your Work***

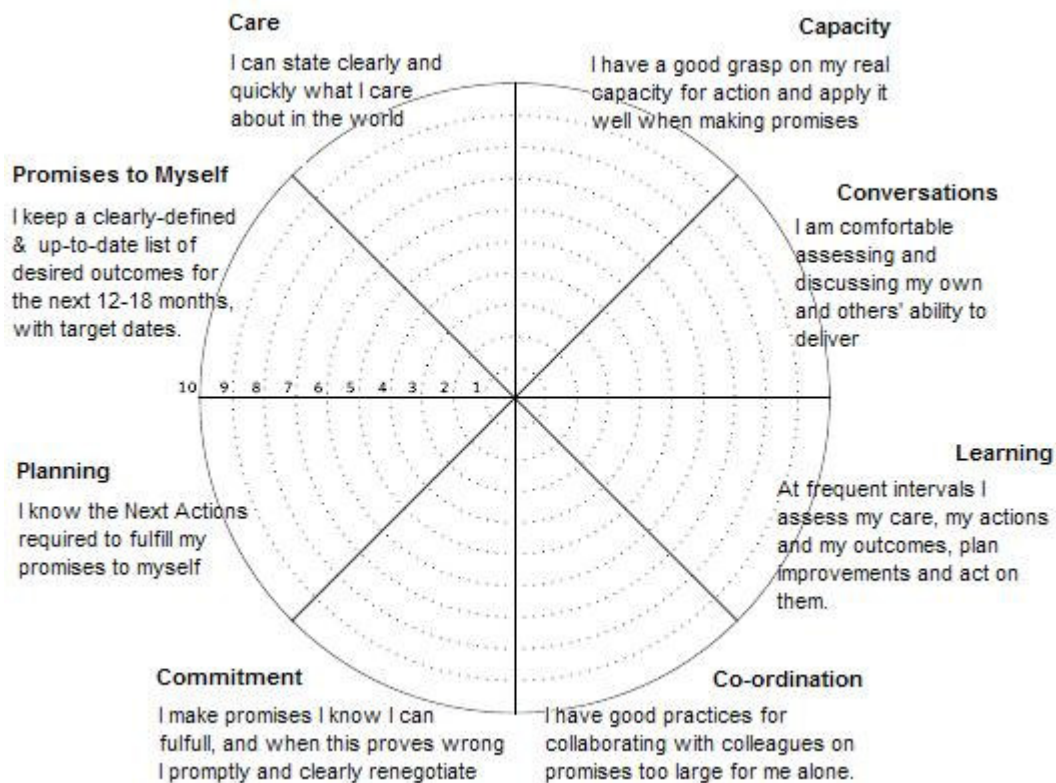
The work we will do around Conversations for Action touches on many areas of behaviour: how you assess your capacity and your ability to deliver; how you communicate about this with others; habitual moods you bring to planning, and to your work; how you respond to surprises and disappointments; and how you set yourself up for success, as the customers for your own actions.

### ***The Wheel***

This wheel is composed of eight activities that together make up a way to plan and execute, in order to make real what you care about. These are not simply methods or ideas – they are fundamental, health “ways of being,” proven (by years of practice at the Institute for Generative Leadership) to work together to enhance effectiveness and to create people who consistently bring positive change into the world. These can be learned, and with time, if not well tended, will probably be dropped and unlearned.

So, at this point in time, how strong would you say your practices and skills are in the following areas? Ranking is arbitrary, so if unsure where to start, just pick the category you are most satisfied with, give it a high score, and work your way around the circle from there, drawing the arc at the right place in each circle segment.

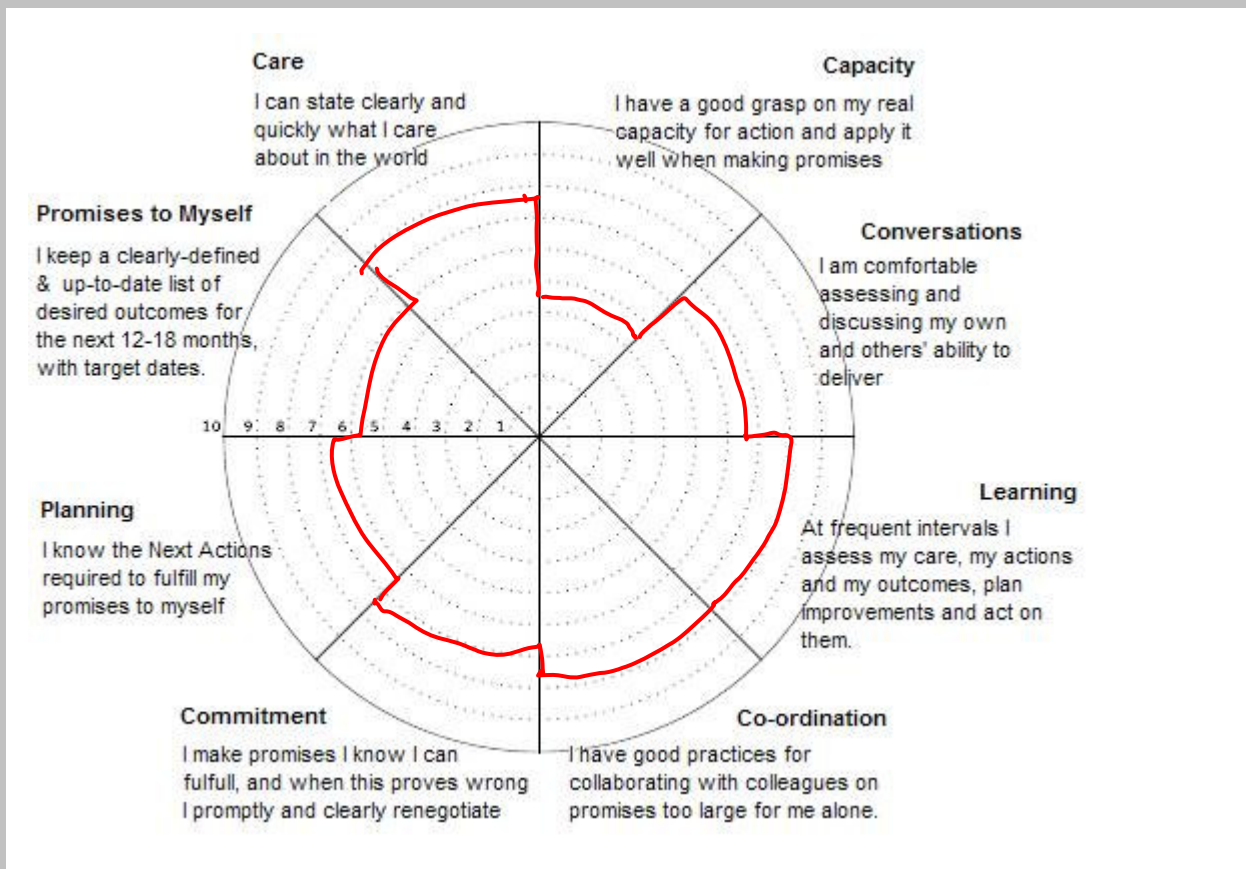
This is not a test, but rather a way to help you identify where to focus with your coach during coaching calls.



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Here is an example of how the wheel could look, when you are done:



Observation: given the shape of your "wheel", what kind of "ride" can you realistically expect?