

# My Self Care Wheel Reflection

**SELF-CARE WHEEL**

The diagram is a circular wheel divided into six equal segments. The segments are labeled as follows, starting from the top and moving clockwise: Physical, Psychological, Emotional, Spiritual, Personal, and Professional. The center of the wheel contains the text "LIFE" at the top, "SELF-CARE WHEEL" in the middle, and "BALANCE" at the bottom.

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).  
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What do I need to focus on?

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