

Credits: Created by the Youth Council of Fresno American Indian Health Project, adapted from the Personal Balance Wheel created by Alan R. Rabideau and Shannon Crossbear. ©2014

## **Personal Balance – Instructions for Charting the Self-Assessment**

Score yourself on each of the following statements according to how much you agree with the statement. Try not to give much thought to each statement and score with the first thought that comes to your mind. Please use the following scale:

**4-very true**

**3-somewhat true**

**2-neutral, don't know**

**1-somewhat untrue**

**0-very untrue**



	<b>Statement</b>	<b>score</b>	<b>color</b>
1	<b>I take responsibility for my mistakes and actions.</b>		<b>Black</b>
2	<b>I talk with elders about my options before making a decision.</b>		<b>Blue</b>
3	<b>I belong and actively participate in clubs and afterschool activities (church, sports, Native gatherings/ceremonies, etc.).</b>		<b>Yellow</b>
4	<b>When my family and friends do well I try to tell them.</b>		<b>Red</b>
5	<b>I try to practice things I need to or can improve on, to reach my goals.</b>		<b>Black</b>
6	<b>I feel connected to my family.</b>		<b>Yellow</b>
7	<b>Each day I do something positive that I enjoy. I'm usually happy.</b>		<b>Red</b>
8	<b>I do things in my life just to help others (such as being there for someone in a tough time, volunteering, or helping elders).</b>		<b>Blue</b>
9	<b>Most people like me but if they don't I'm okay with it.</b>		<b>Black</b>
10	<b>I'm not afraid to step up to be a leader, role model, or mentor in my community.</b>		<b>Blue</b>

4-very true, 3-somewhat true, 2-neutral, don't know, 1-somewhat untrue, 0-very untrue



11	<b>There is something that I have in my life right now that I have a passion for and am excited to do it every day.</b>		<b>Red</b>
12	<b>I can usually control my reactions and emotions so that I don't do anything I will regret later.</b>		<b>Red</b>
13	<b>I feel safe (such as in the community, in my family or at school.)</b>		<b>Yellow</b>
14	<b>I make an effort to learn something new every day.</b>		<b>Blue</b>
15	<b>I take care of my body (such as exercising, watching my diet, and/or choosing to be drug free).</b>		<b>Black</b>
16	<b>I have dreams or visions that help guide me.</b>		<b>Yellow</b>
17	<b>I am quick to forgive others that have hurt me and I try to place myself "in other's shoes" before making a judgment of them.</b>		<b>Red</b>
18	<b>When I find something I really enjoy, I do it in moderation. I try to balance it in my life so it doesn't take over everything I do.</b>		<b>Blue</b>
19	<b>I am aware that my actions effect not only me but those around me</b>		<b>Black</b>
20	<b>I believe that even though we can't see the Creator or spiritual world, we know it exists.</b>		<b>Yellow</b>

4-very true, 3-somewhat true, 2-neutral, don't know, 1-somewhat untrue, 0-very untrue

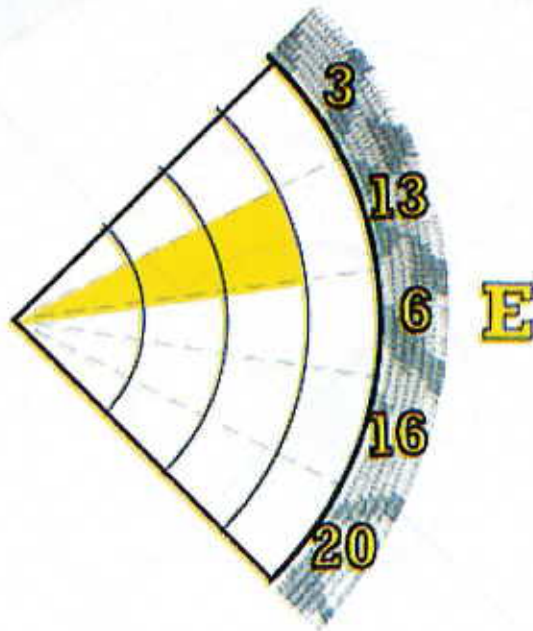


## Personal Balance – Instructions for Charting the Self-Assessment

1. Please answer all statements first. Pick only one score per statement. You will need all a red, black, yellow and blue pencil when it's time to chart your personal responses.

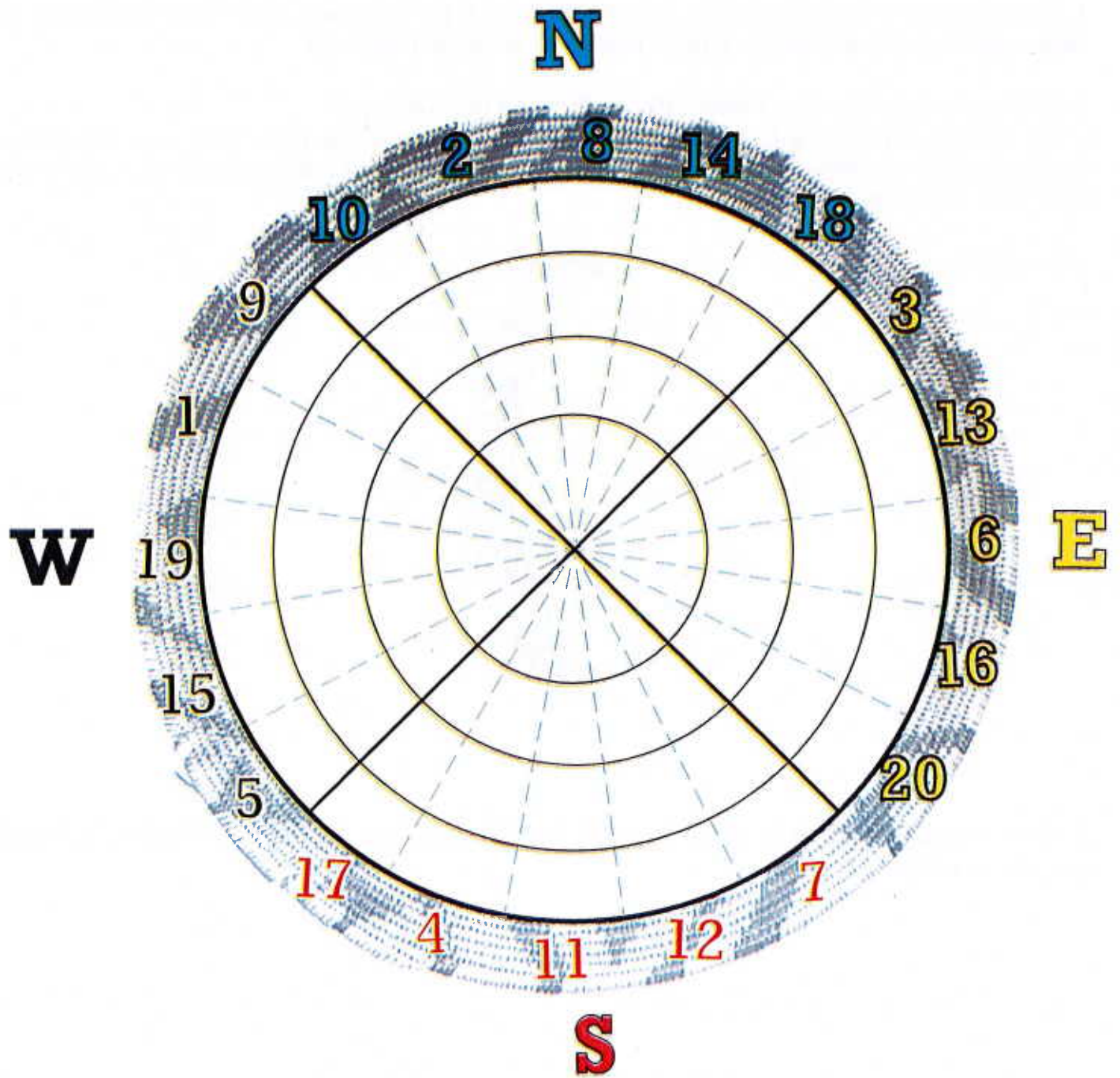
2. Numbers around the wheel match the numbers on the statement sheet. The wheel itself is split along each dotted line like slices of pie. Each "slice" has 4 sections on the inside. Color the same number of sections as you scored on your statement sheet make sure to color each "slice" from the inside out.

ex.) score: 3



3. At the very end, any blocks within the circle that does not have a color should be lightly shaded gray with a pencil.





East – Spiritual, South – Emotional, West – Physical, North – Mental  
 (yellow) (red) (black) (blue)



## A few words about your chart.....

After you have completed charting your responses to the statements, you can now take a look at how "balanced" your current life may be. Please understand that this is not a "scientifically" based assessment. It has been created to give the participant a general idea of how Native Americans view health and wellness that is holistic; spirit, mind, heart, and body.

Please consider the following questions:

1. In which direction do you have the most color? This may indicate that that area of your life right now is close to fulfillment. (Note: In the northern quadrant, blue is the color.)
2. In which direction do you have the grayest area? This area should be looked at closely and activities, events and goals around those questions should be considered.
3. Thinking in terms of "balance", how many individual blocks are gray in each of the quadrants (N, S, E and W)? A possible goal may involve increasing the color in one quadrant so that all four quadrants are as close to equal as possible and striving towards fulfillment.

To help you get a deeper understanding the following chart outlines each of the four directions and what gifts or attributes are important or belong in each.

EAST Spiritual Yellow	Sense of Belonging: Personal pride, respect, connectedness, faith, prayer, purpose, vision, love (INFANCY)
SOUTH Emotional Red	Mastery of Skills/Gifts: self-esteem, accomplishments, happiness and enjoyment, impulse/emotional control, sensitivity, forgiveness, attitude (CHILDHOOD)
WEST Physical Black	Interdependence: Humility and accepting responsibility, practice and reaching your potential, power/control, Physical health, have vision/reach goals (ADULTHOOD)
NORTH Mental Blue	Generosity: Problem solving, wisdom, freedom from fear, hate, jealousy etc., committed to lifelong learning and service, doing things in moderation, truth, (ELDER)



