

Wheel of 'Good Selfishness' Exercise

'Good Selfishness' means "Being committed to one's own well-being and contribution to the world, while respecting other people and their unique perspectives".

Contrary to excessive selfishness and egocentric behaviour 'good selfishness' promotes an attitude of healthy self-care and respect for one's Self, combined with respect for other people.

'Good Selfishness' means to consciously, uncompromisingly and unapologetically

- care for all aspects of one's Self
- honour one's own values, needs, desires, and gifts, and
- respect other people and their unique perspectives.

When we practice 'Good Selfishness' and we take care of our own selves first and foremost, we are in a much better position to fully contribute our authentic gifts to the world and add our unique and purposeful energy and efforts to the mix of humanity, thus making our world a better place.

Here is how you can tell when people live their lives in 'good selfish' ways:

- They make sure that they take care of themselves in all aspects of their lives.
- They see themselves as equal to others.
- They live according to their values and needs, they confidently express their beliefs and viewpoints, and they share their gifts and contribution in their unique ways.
- They know they deserve to live their life in ways that bring them joy and satisfaction.
- They respect other people, their special values, gifts and perspectives.

While we may have been taught that being selfish is wrong or despicable, being selfish in a good way (as defined here) is the only way in which living life truly makes sense.

It is our responsibility to live a life that's true to us and that reflects our needs, values, gifts and desires; our potential. Nobody else can do that for us. If you are not being you who is?

You are uniquely beautiful and valuable, and the world needs YOUR unique gifts and contribution – so it is not only a privilege to be you, it is also a friendly obligation to be fully you, the fullest version of You that you can muster to be. It is your friendly obligation to live as you, act as you, and share your unique Self and your gifts with the world.

Our world needs fully awake, authentic, human beings that step forward with confidence, rooted in their values, driven by their purpose and inspired by their unique vision.

Taking care of one's own self first and foremost is at the same time an act of true self-care as it is an act of contribution to a better world.

This exercise is designed to help you see in which areas you have room for improving your levels of 'Good Selfishness', take better care of your Self overall and, therefore, also make or be a greater, more authentic contribution to our world. Enjoy!

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Aspects of Good Selfishness:

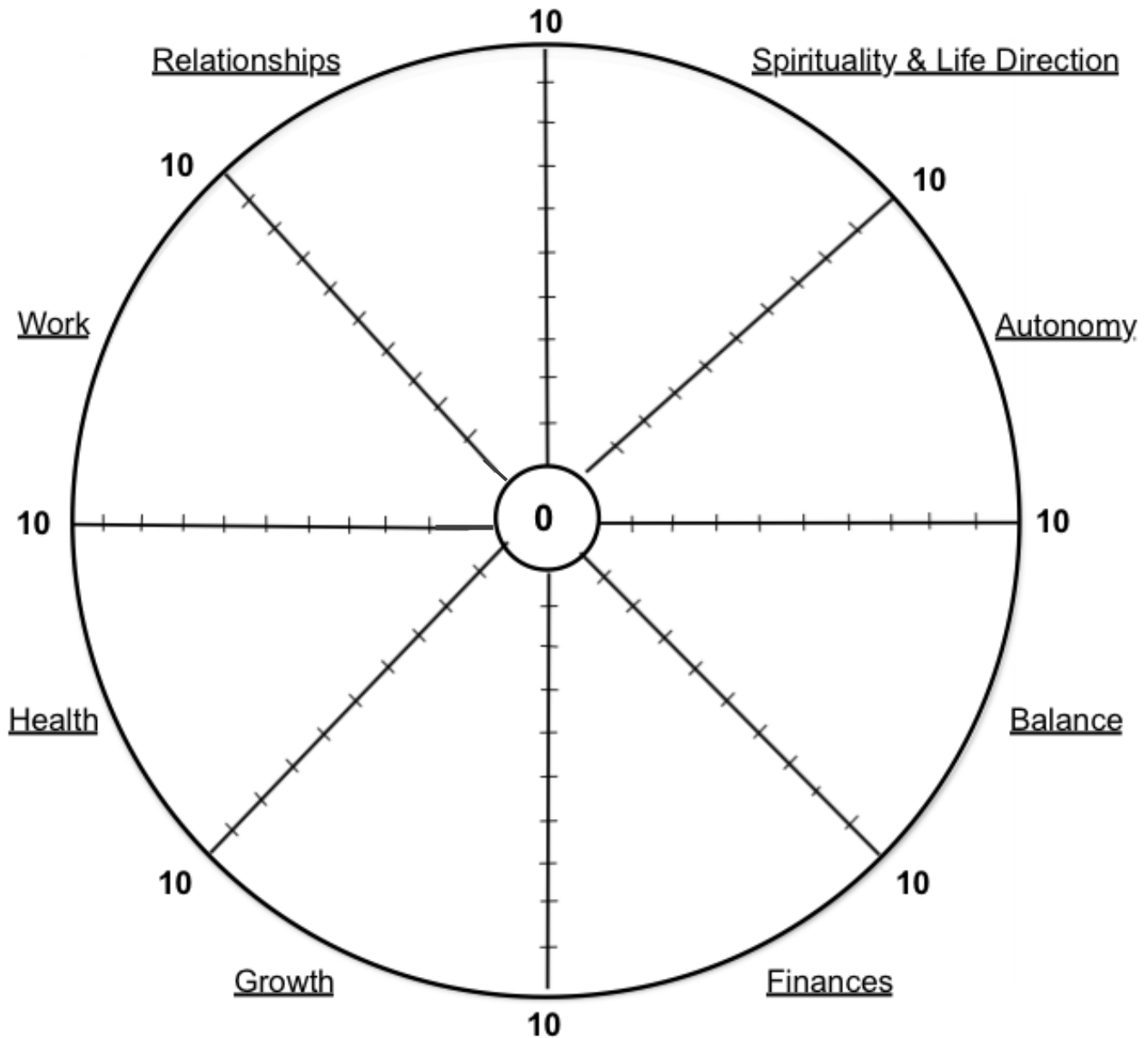
1. **Relationships:** You make sure to surround yourself with people you appreciate and love, and they inspire, support, and love you, too. You respect other people, their special values, gifts and perspectives. You establish and maintain healthy boundaries.
2. **Spirituality & Life Direction:** You regularly make time for your Self, to connect with your spirituality and that invisible, bigger part of you. You know your values, purpose and vision, you stay connected to them, and you use them as a foundation and guidance for your life.
3. **Work:** Your work is meaningful to you. It brings you joy and/or satisfaction, and leaves you with a sense of contribution to something that matters to you.
4. **Health:** You consistently take care of your physical well-being by getting enough sleep, eating and drinking nourishing, healthy foods; exercising etc. You feel relaxed, secure and connected to your feelings.
5. **Finances:** You take care of your finances and make sure you feel well in this area of your life.
6. **Growth:** You stimulate your mind regularly by reading, engaging in meaningful conversations, challenging the power of your mind, and learning new things.
7. **Balance:** Your life has a healthy mix of work and leisure time; you make sure you have enough time outside of work to relax, recharge your batteries and fill yourself up with experiences that you enjoy or appreciate.
8. **Autonomy:** You make daily life choices that are true to you and feel good to you. You know what you want and what you don't want and you communicate it and act on it with confidence and certainty. You say yes and no honestly, confidently, and true to YOUR desire, and not by habit or based on other people's expectations.

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The wedges in the Wheel of 'Good Selfishness' represent a blend of the eight aspects of 'Good Selfishness', which are necessary for your overall wellbeing and good self-care. If the center of the wheel represents 0 (= you're not doing well at all in this area) and the outer edge is 10 (= you are totally mastering this part), rank your current level in each area by drawing a straight line to create a new outer edge. See sample wheel on next page.

Then shade in each area to get a feel for the true shape of your wheel. The new perimeter of the circle represents your level of balance in the realm of 'Good Selfishness'.

If this wheel was a tire on your car of overall wellbeing how smooth or bumpy would your ride be?



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Sample wheel:

