



What Does It Mean for Me to Be Whole?

We are the sum of our parts. Each of us has different ways of being, interests, people, and experiences that can help us feel *whole*. Burnout and disconnection often creep in when one or more of our fulfilling parts starts to shrink away. Moving away from burnout and disconnection and toward a greater sense of wholeness starts with an important awareness: what are the things that actually fill your cup? What does it actually mean *for you to be whole*?

INSTRUCTIONS

Below is a pie with 8 slices. Name each slice after a category that fills your cup. If you find several related things (e.g. family dinners, phone calls with your sister, game night), you may choose to group them together under one bigger label like *Family Time* rather than using all 8 on small things. Either is OK, though broader categories tend to work best. Then shade in each ring from the center outward to show how full that part of your life feels *right now* (you are encouraged to use different colors). Fully shaded means it feels full; empty means it doesn't. Please note: this PDF is interactive, so you can click on a spot in the pie slice and the color will automatically fill.

8. _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

REFLECTIVE QUESTIONS

1. Now that you've finished, what stands out to you about the shape and categories of your pie?
2. Based on what you're noticing, what changes would you like to make?
3. What's getting in the way of a slice being fuller? When was the last time you remember that slice being full?
4. Can you remember the last time your whole pie was filled? What details do you remember about that time in your life? Is there anything from that time you might be able to recreate now?



Notes & Reflections

1. SHAPE & CATEGORIES

2. CHANGES TO MAKE

3. BLOCKAGES

4. THE LAST TIME THE WHOLE PIE FELT FULL
