

# Wheel of Skills

## 360-degree examination of own life skills

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In which way are your basic life skills personally meaningful to you?

Proceed step by step, one skill at the time. Start with #1

Read the definition of the skill, then consider how you in general use this skill in your life.

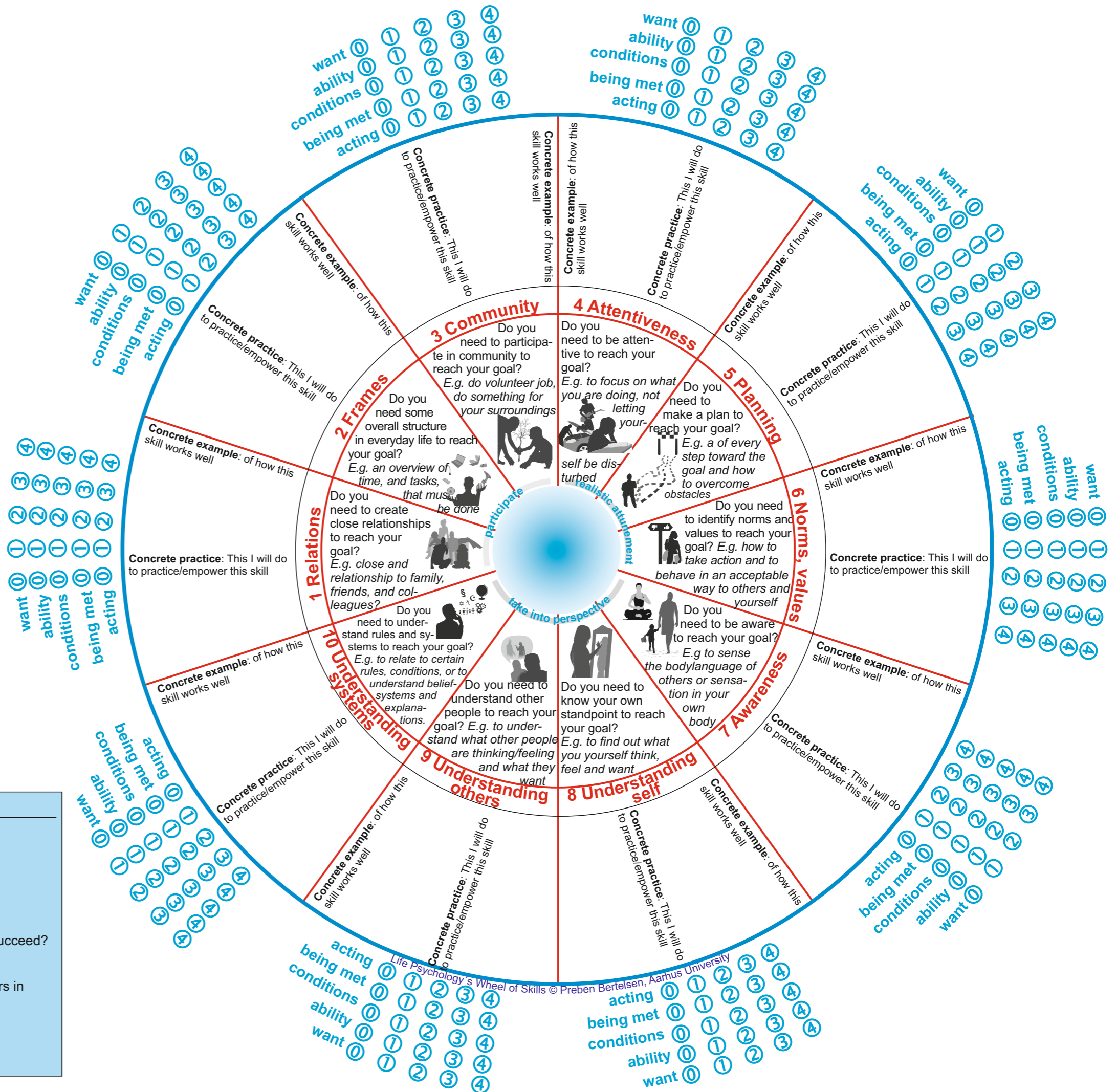
How does this skill work well for you? Find one example hereof and phrase it in a headline in the box in the wheel.

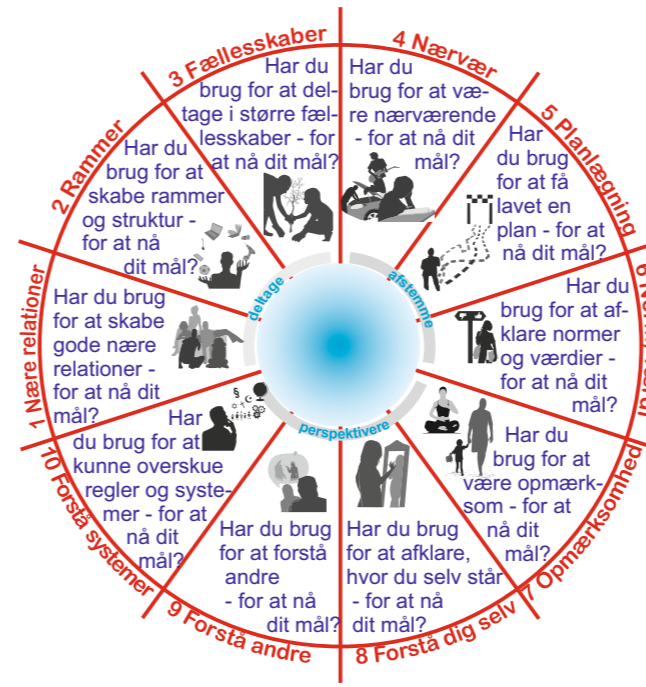
Then ask yourself how you may improve this skill. Construct a practice by which you gradually may empower this skill. Again, write in the box a short headline describing this practice.

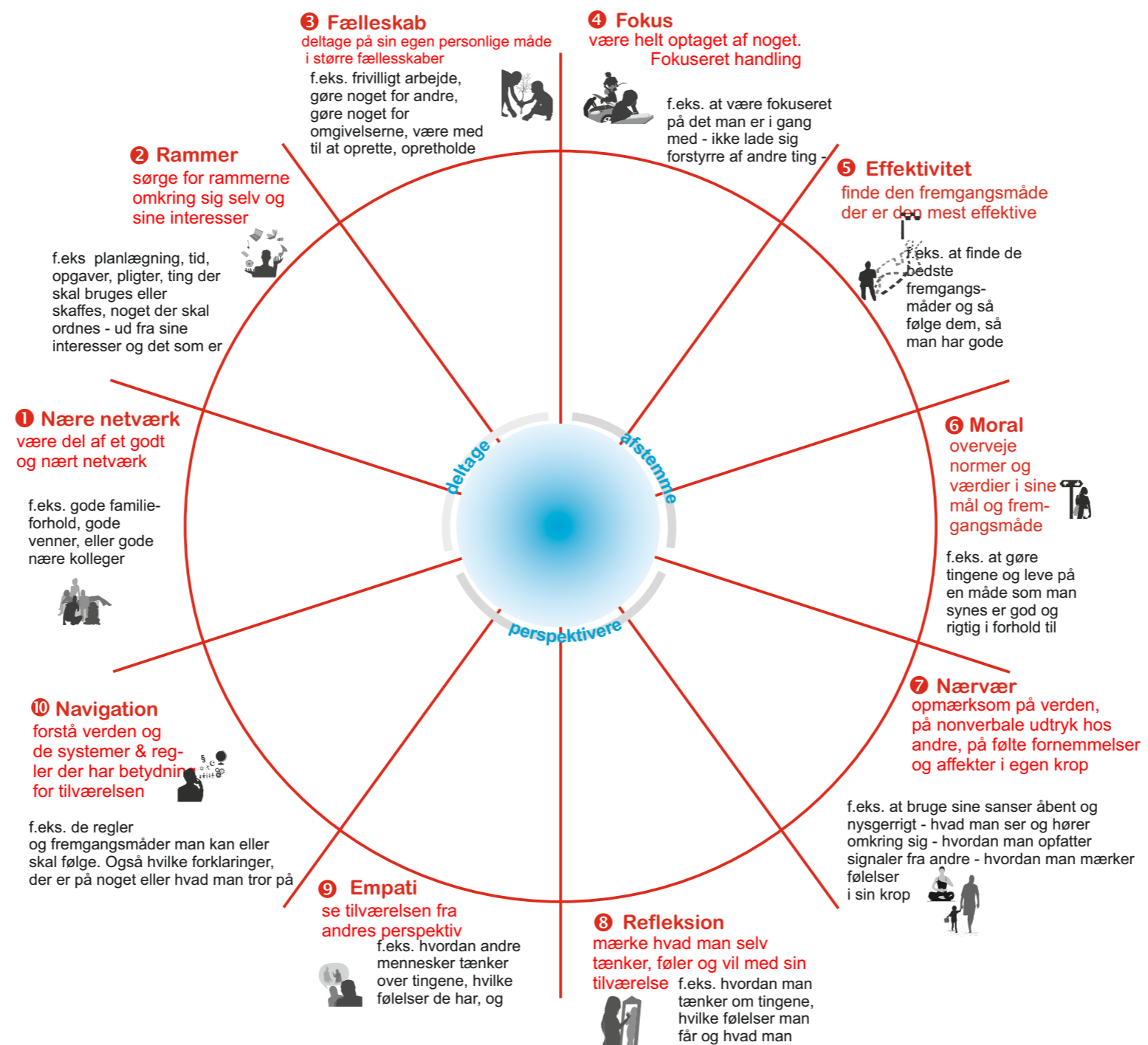
Next make an assessment of your motivation to do this practice with the BFL tool (0 = not at all, 4 = highly)

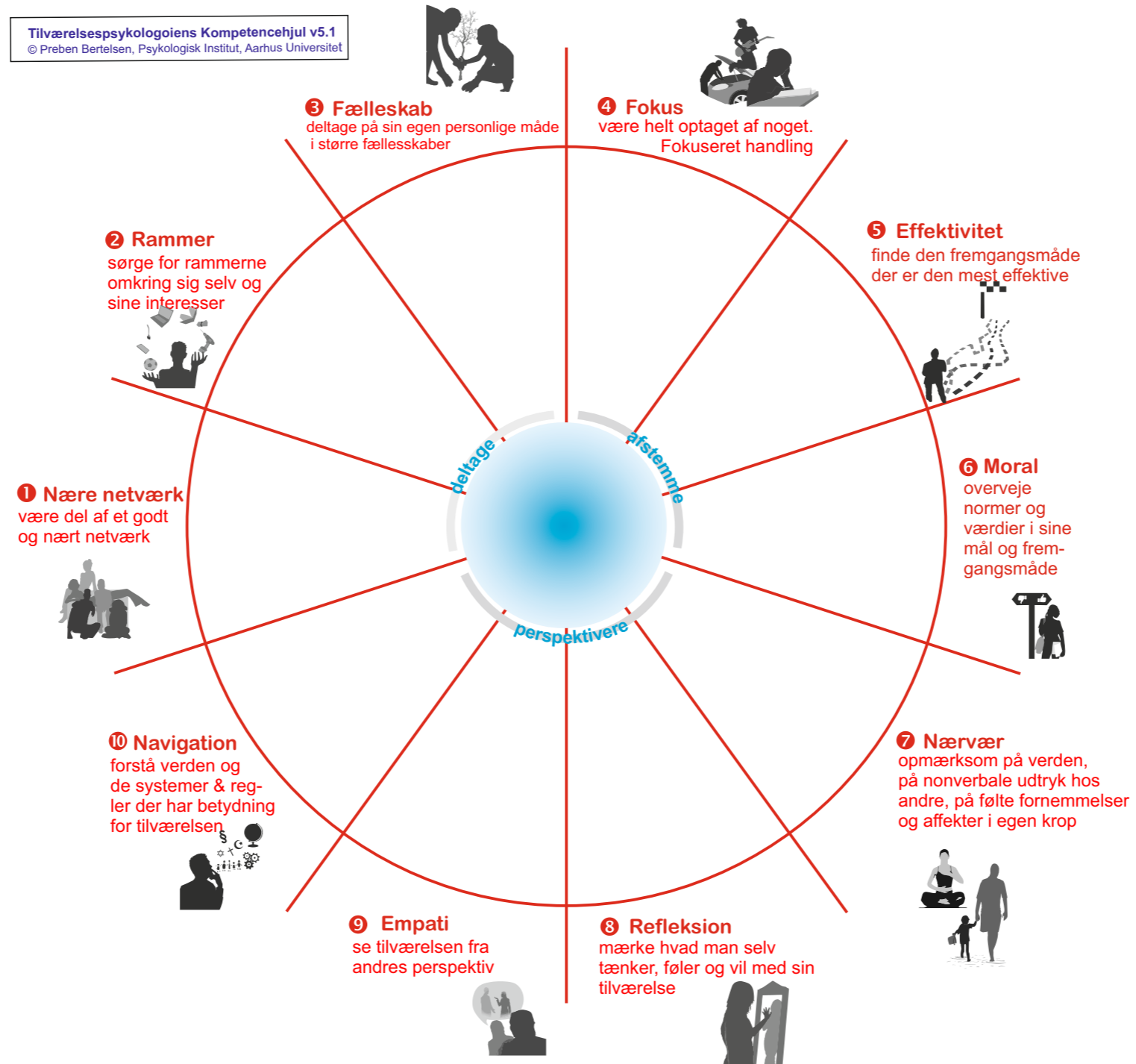
### BFL - Basic Five of Life Psychology

<b>Want</b>	Do you want to take this next step? Do you experience any aversion taking this step?
<b>Ability</b>	Are you capable of and/or do you have the necessary and sufficient information to perform this step? In what way will this step be difficult for you?
<b>External conditions</b>	Are you able to spot the external conditions for this step to succeed? Which external obstacles do you expect to encounter?
<b>Being met</b>	Are you being helped, supported and acknowledged by others in performing this next step? In which way do you expect (fear) not to be met by others?
<b>Do</b>	Will you in the near future start realizing your next step? Have you not yet made up your mind?









Tilværelsespsykologiens Kompetencehjul v5.1  
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