

# Personal Formation Wheel

This wheel includes formation priorities agreed on by the PTS trustees, faculty and Department of Student Life. You can rank your overall satisfaction in each category with the outer ring indicating great satisfaction. You can color the pie segments. To personalize this further, you can “place” subcategories in the pie sections or add your own. Respond to the questions on the back and revisit this self-awareness tool periodically to help you flourish.

## Spiritual Formation

- Faith practices
- Corporate worship
- Acceptance of grace
- Social justice and advocacy
- Prayer and Sabbath
- Spiritual direction

## Vocational & Professional Formation

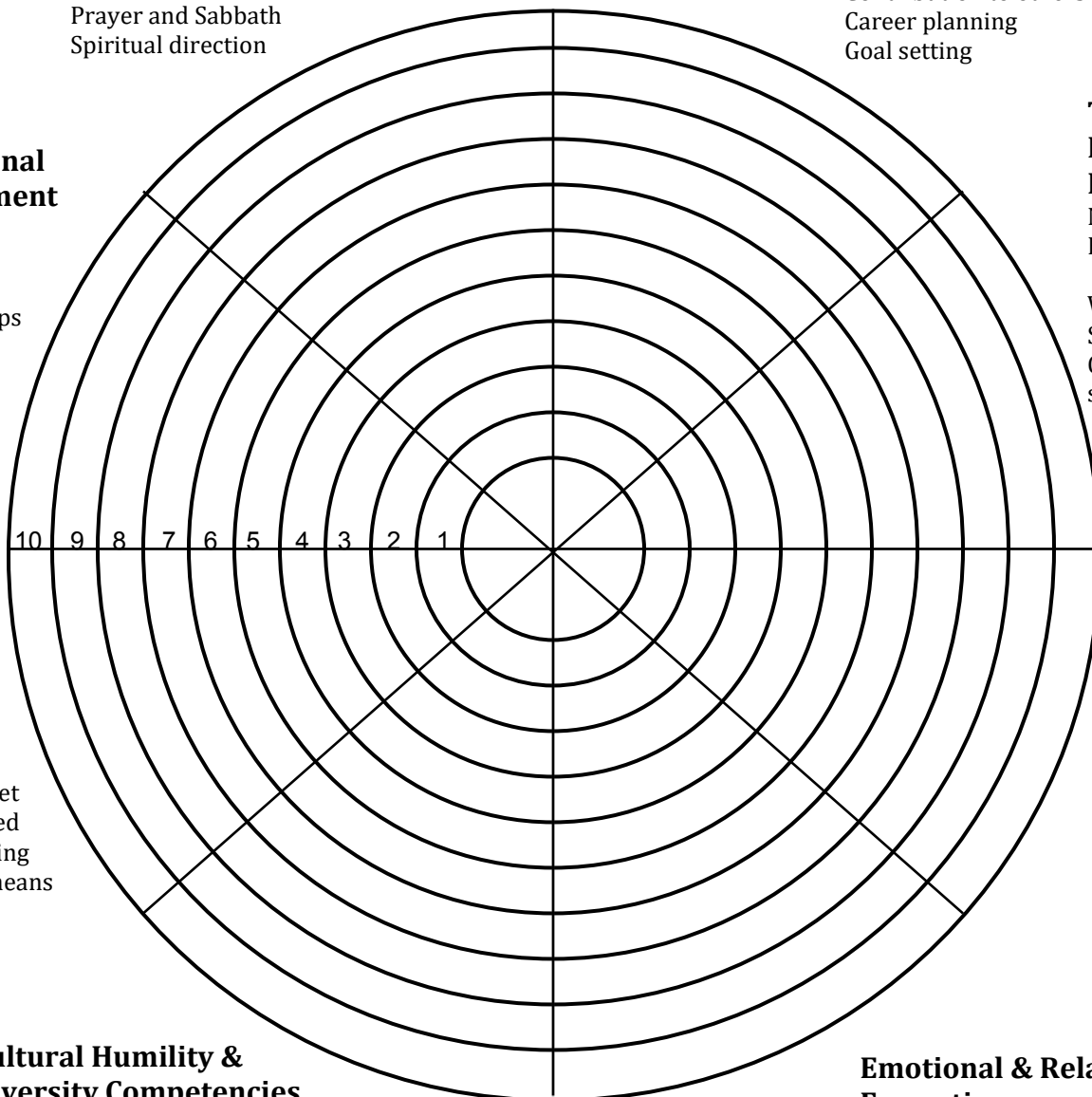
- Life purpose & living your values
- Discernment
- Contribution to others
- Career planning
- Goal setting

## Theological & Intellectual Formation

- Managing time
- Building respect in classroom
- Writing
- Study skills
- Coursework that stretches me

## Recreational Enhancement

- Social life
- Creativity
- Screen time
- Dinner groups
- Fun



## Physical Wellbeing

- Fitness
- Nutrition
- Sleep
- Moderation
- Self-Care

## Emotional & Relational Formation

- Psychological health and resilience
- Participation in PTS community
- Connections with family, friends, partners, mentors, employers
- Appropriate boundaries
- Comfortable with one’s own sexuality

## Cultural Humility & Diversity Competencies

- Hearing one another’s stories
- Welcoming differences
- Communication skills
- Awareness of privilege and biases
- Understanding micro-aggressions
- Caring for all in PTS community
- Thinking beyond polarities

## Financial Wellbeing

- Setting a budget
- Being organized
- Living and giving within one’s means