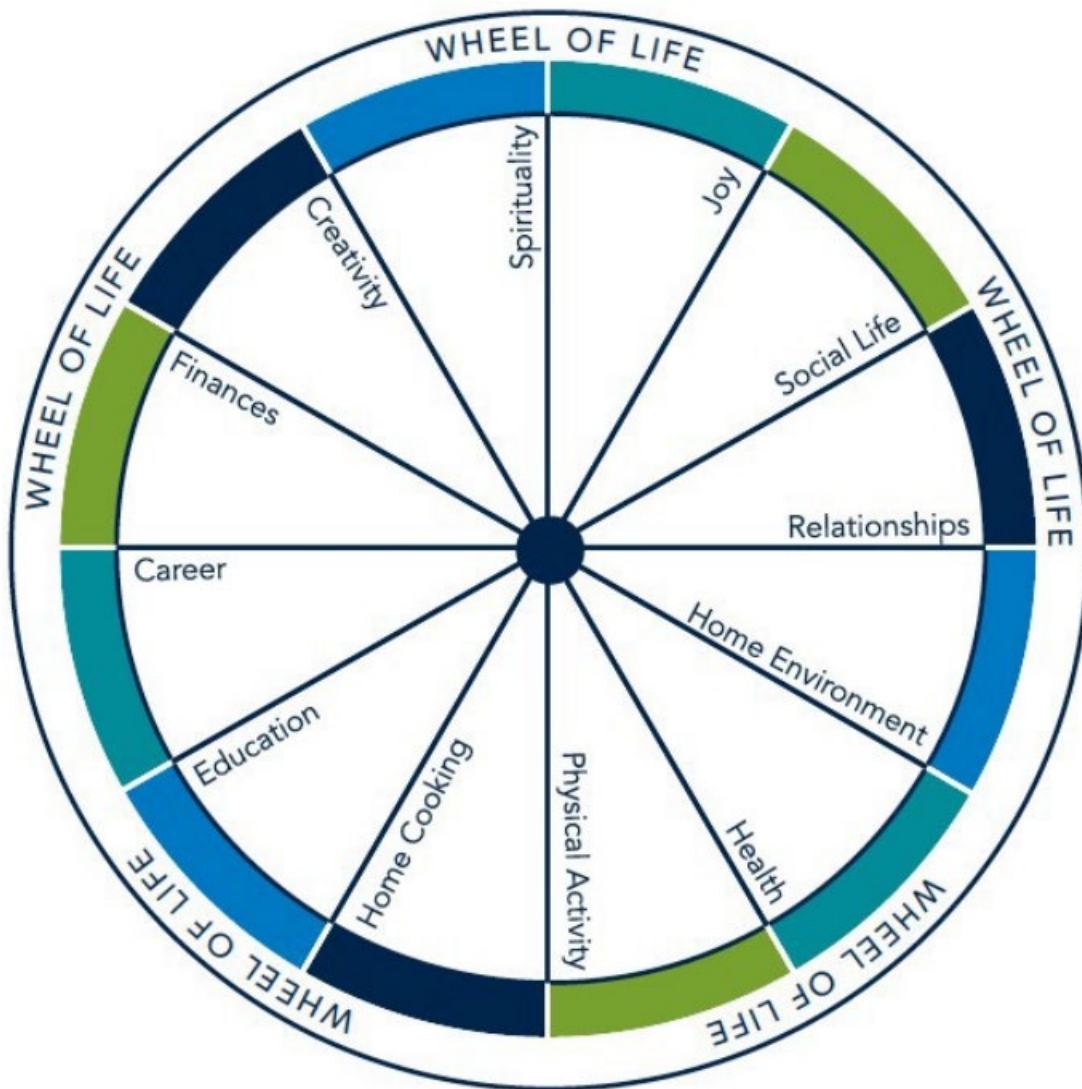




The Wheel of Life





Discover what wants to be nourished...

Look at each section and place a dot on the line marking how satisfied you are with each area of your life. A dot placed nearer the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates ultimate happiness.

When you have placed a dot on each of the lines, connect the dots to see your Wheel of Life. Are there areas where your Wheel is flat? Are these areas calling to be NOURISHED? How So?

The ones that are closest to the center are the ones calling for the most attention.

Now ask yourself these questions:

“How might you integrate more of that in your life?”

“What will having more attention on that do for you?”

“Are there any resources or support that you need to be fully nourished in this area?”

Work with Becca to create action steps around your responses.