



## Wholeness Wheel

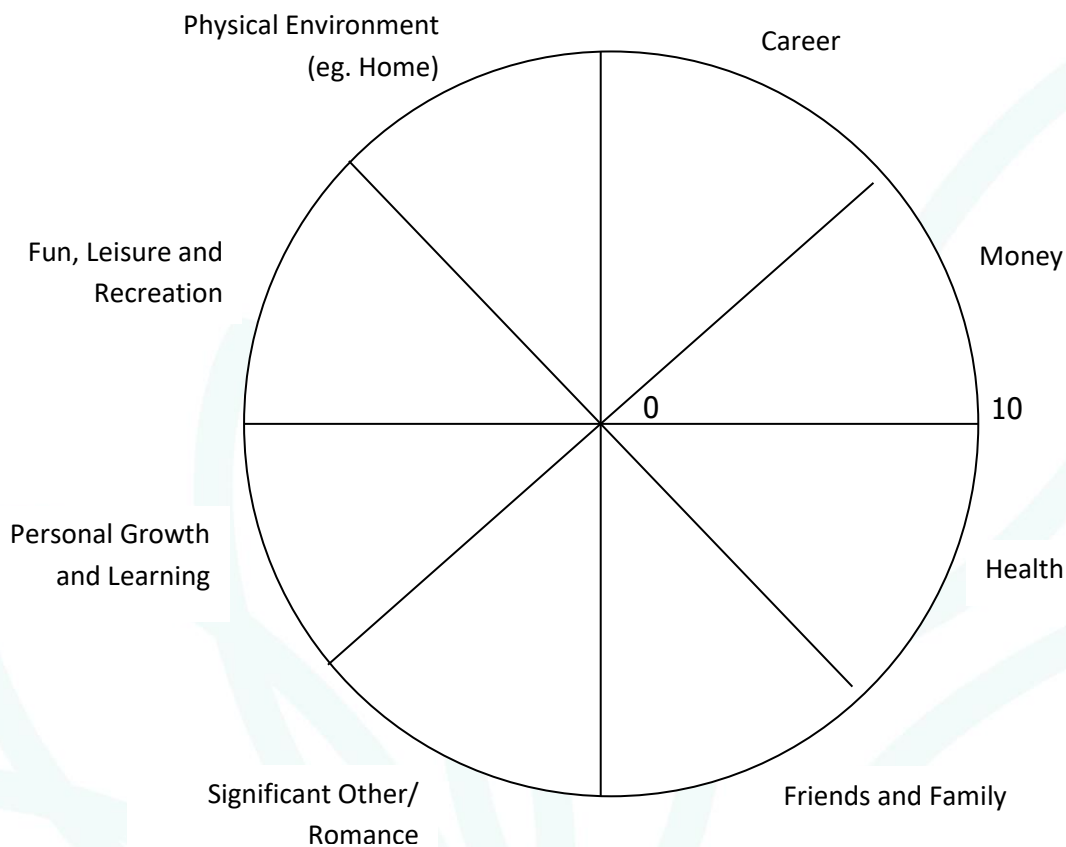
### *Experiencing life more fully*

Who we are and how we see the world, and we think the world sees us, is significant in terms of the results we get. So we need to be prepared to be honest with ourselves about where we're at in our own life, and where we need to improve. The Wholeness Wheel is a simple yet effective tool to help us reassess where we are and how much balance we're getting. You may have even seen variations of this tool before, it can be referred to as the Wheel of Life too. 😊

#### Directions:

The 8 sections in the Wholeness Wheel represents all the parts of your life that come together in order for the *whole system* to work. For you to feel whole, connected, balanced. You can change or rename any category so that it's meaningful and represents a WHOLE life for you.

If the centre point was zero, and the outer edge was 10 out of 10 – zero being there is no success in this area, and no signs of progress, and 10 being 'it couldn't be better' – you can then assess where you're at with your own life. (i.e. Rank your level of satisfaction with each area).



*The new perimeter of the circle represents your 'Wheel of Life'.*

*Is it a bumpy ride?*

