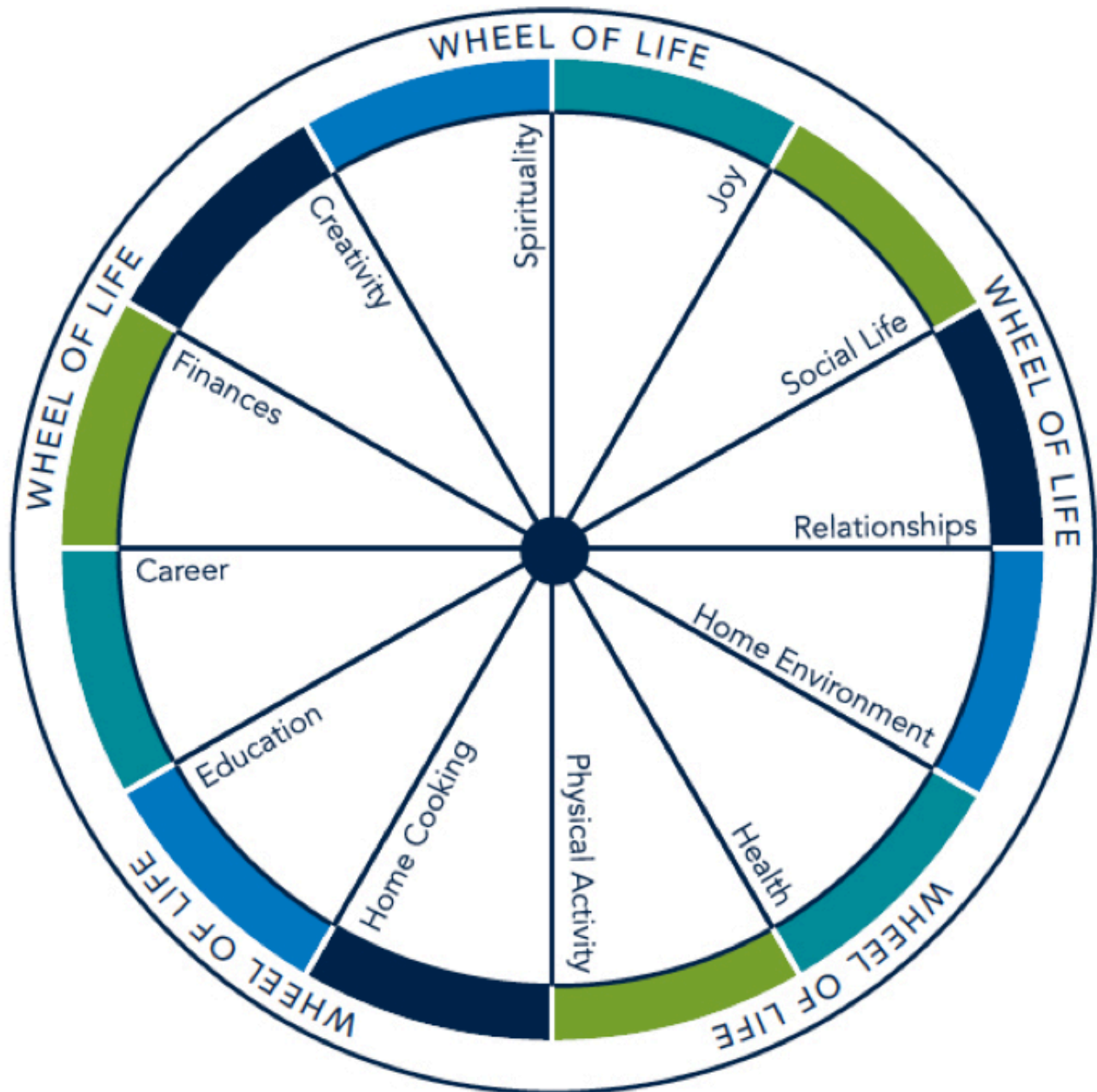


Wheel of Life & Nourishment



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 of the circle 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?

What wants to be nourished in my life:

What is one action item for each area calling to be nourished that I can take to cultivate more love and healing here?

1. _____
2. _____
3. _____
4. _____
5. _____

My biggest aha, insight or takeaway from today was....

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.