

The wheel of life activity

Begin your inventory in the areas where you are being dishonest or holding onto fearful thoughts. The centre of the wheel represents the highest score or the highest state of experiencing joy and happiness. The areas of where you are experiencing lack and conflict are represented in the outer perimeter of the wheel.

Remember to carry out this inventory with out judgement. This is simply an activity to help you see the areas that require your loving attention to create change.

