

2022 Global Theme – *Living Everyday Wonder*

Living Everyday Wonder Wheel of Life Tool

Take some time to turn within and contemplate the following aspects of your life: inner life (mental & spiritual well-being), play, creativity, emotions, your physical body, relationships, nature, work, finances, home, and community. If there is another area of your life that you would like to add, add it. Without judgment or trying to change anything, simply notice which areas feel expansive and which areas feel more constricted.

Use the Living Everyday Wonder Wheel of Life Tool to plot what you noticed by placing a dot on each spoke of the wheel. The more expansive you feel in an area of life, the further out on the spoke you place the dot. Conversely, the tighter or more constricted you feel in an area, place the dot closer to the center. Next, draw a “circle” connecting the dots.

What do you notice? Would your wheel roll smoothly or would it go *thump thump thump*? What size is your wheel?

Notice how all of these areas are important, interrelated and interconnected and each is a vital part of the wholeness.

Orienting ourselves to wonder and being curious about life expand us and our experience of life. Looking at your wheel, in what areas might you benefit from being curious?

Your wheel is just a snapshot of this moment. Over the course of the year, we are going to focus on each of these eleven areas and have plenty of opportunities to practice wonder and curiosity. As we go through the year, be curious about the shifts and changes you experience in each of these areas and plot the dots again as you do.

At the end of the year, plot your wheel again. Notice what’s changed. Odds are that if you practice living everyday wonder, your wheel will look very different and you will be different.

Living Everyday Wonder Wheel of Life Tool

