



Wheel of Life

Health is a symptom of the deeper picture, what is going on inside our body, its chemistry and emotions. Stick around and you will learn the intricate inter-relationship between emotions, biochemistry, nerve, gut, hormones and then the symptoms that can occur.

So, before you start making significant changes in your life, lets first see where you see your life to be. Without awareness of which parts in your life you feel is not fantastic, you may be making changes in ways that may not be a wise investment of your resources

To help develop clarity, it is essential to ask questions that prompt and pock you to get super clear as to what is potentially going on, and what it is you would really like to have.

As challenging as it can be, it is invaluable to be honest with yourself. The first step to any change is awareness, so to become aware and open to the first thoughts that come to mind when you ask questions. Be truthful to yourself, with as little judgment or self-criticism as possible, remember, your life experiences have brought you to this point, and you have learnt some very useful lessons along the way, even if it is a lesson of not doing something again.

Yes, some have been painful, embarrassing, confronting, but from the mouth of Pooh Bear (a favorite of mine)

"You're braver than you believe, and stronger than you seem, and smarter than you think."
- Christopher Robin

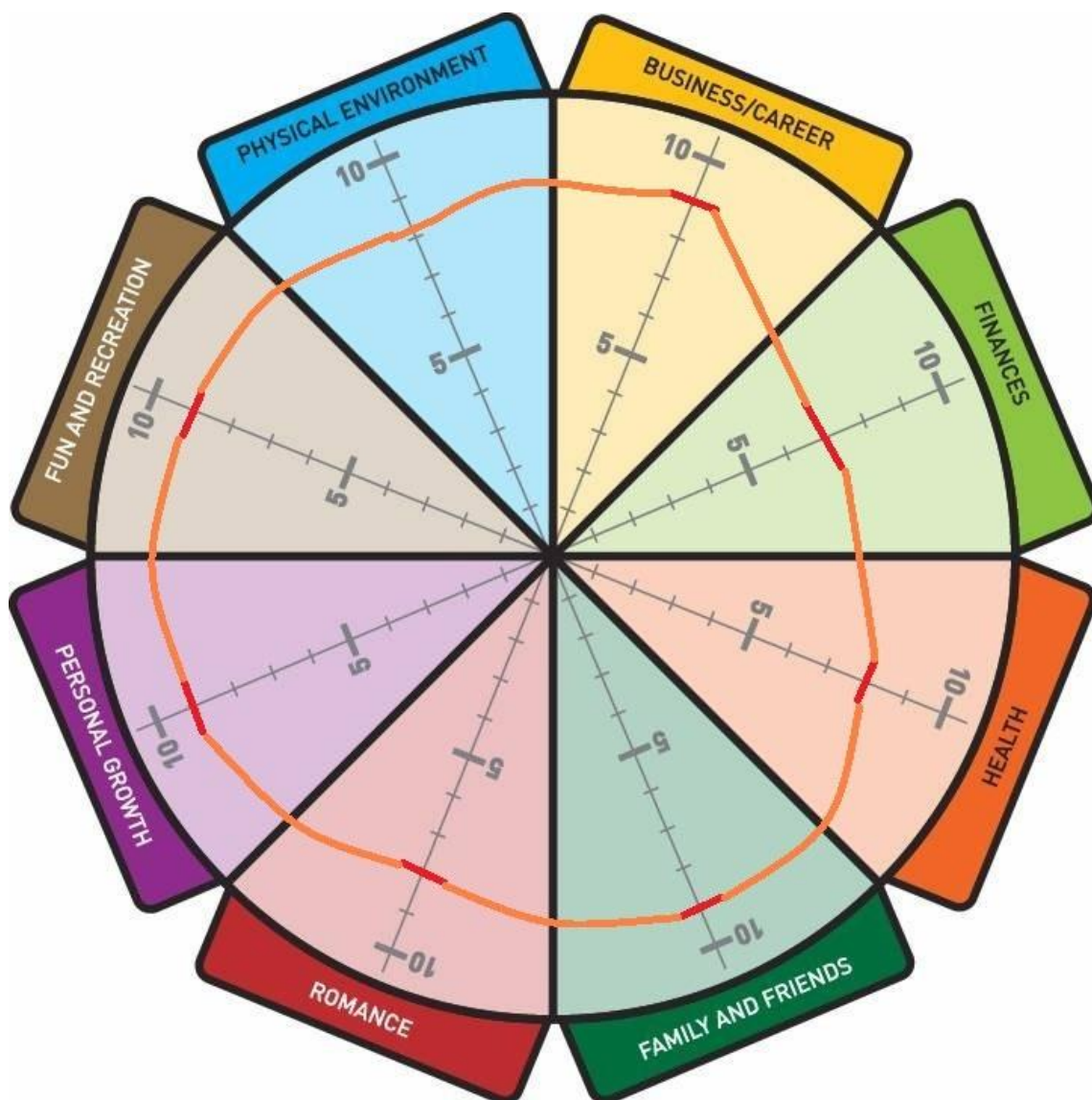


The Wheel of Life tool helps you to gain clarity where you feel you fit in your world. To complete this exercise, it is a matter of sitting still and reflecting on your life as it currently is. Take some





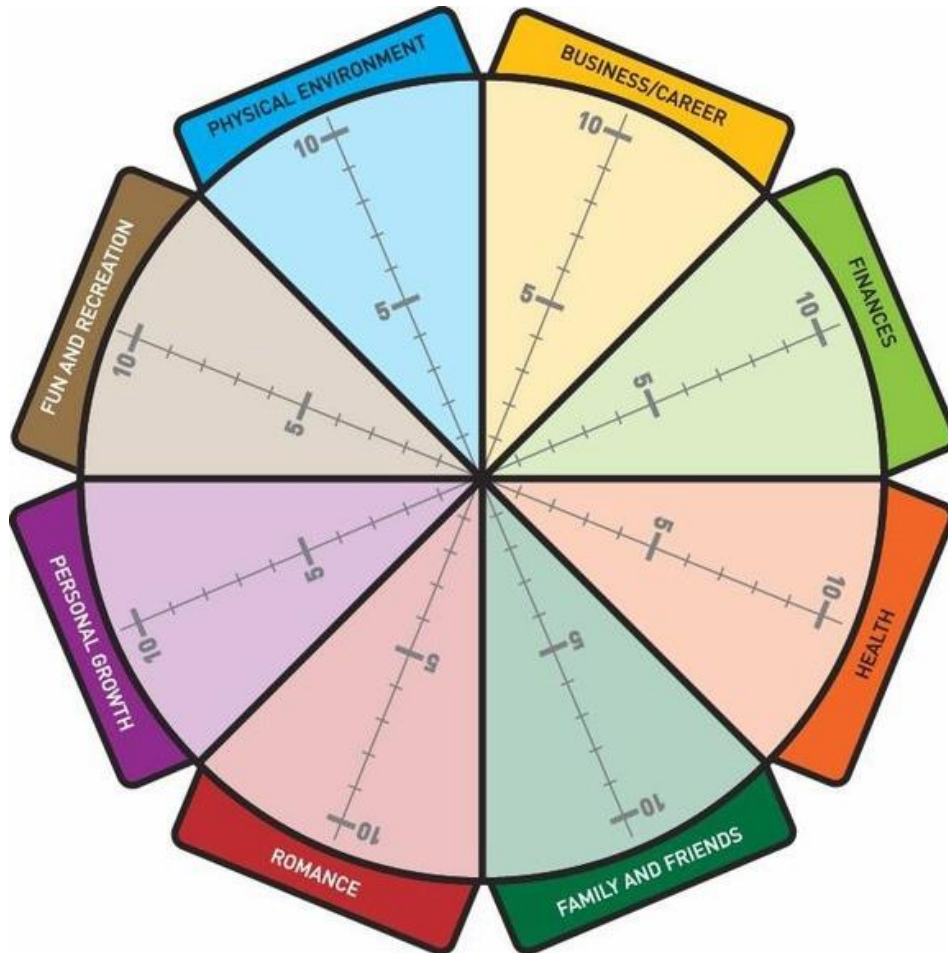
time out without distractions, so best to schedule some time along so you can ponder uninterrupted. Set the scene, gentle music, be in a space that inspires you to be the best you can be. For some, this can be the first challenge, so consider a park, beach, garden, bath, lounge (without the TV on), favorite cafe, or restaurant. Really give yourself permission to be with yourself. If you can, plan for a day or so away, this really opens up the imagination and is a reward to you for looking after yourself.



you can see, this person feels each segment of their life is fairly even through the segments, but each their blocks and continue the reflective and clearing process and it is very possible to be a 10 all round. Look around, there are people who are happy, healthy and content with their life and choices, and this doesn't mean they are mega wealthy in money, though they may be; it is their perception of their quality of life.



Back to you. Now that you have identified a few potential gaps in some areas of your life between where you currently see yourself, just ask which sectors are important enough to seriously look at and change. Remember, there is no right or wrong answers here, as if you ask yourself the same question tomorrow, or next week, you might give yourself a different answer based on what is happening at the time.



Awareness is the first step.

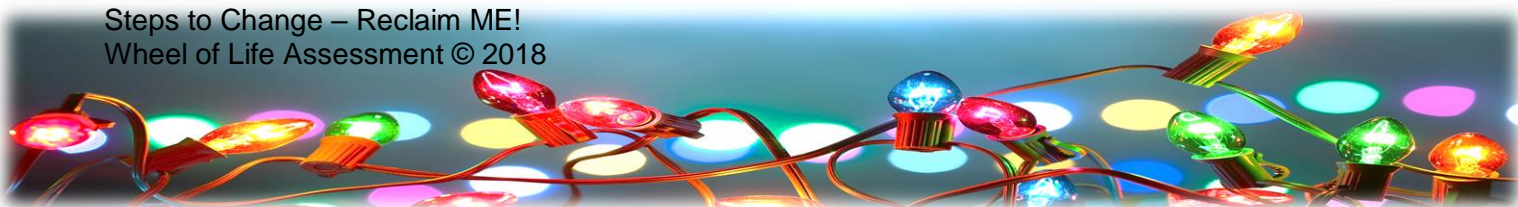
This time on the wheel, mark out where you would like each segment to be. Let your imagination run, be a kid with this stage, and be honest with yourself. It will give you things to consider, explore and work through, not goals as such, but some really meaty topics to play with over the coming exercises.

A few prompting questions to get you started to dream, if you haven't thought of them already:

If my _____ wasn't an issue, my _____ would be _____

When my symptoms are greatly improved, I will be able to (do) _____ (with) _____

When I know my safe foods, and I can enjoy them immensely, My overall life will be _____



Being able to eat out, will mean _____ to me because I will be able to _____

To Reclaim Me again, will create _____ with _____
_____ this would feel like _____

As you work through this very few questions, and emotions, ideas or limiting beliefs come up, note them. Even if it doesn't feel like it, there is gold in these messages. It is these messages that once they are transformed and release so much energy and negativity you start to heal and live life again. Share your insights with the group, and keep journaling your wisdoms, messages and ideas that keep coming up. Don't worry either if there seems to be a blank, it means your message team possibly haven't felt heard for a while, or your internal protector is doing its role perfectly. Be sure to thank it, and ask for snippets of information it knows you can handle.

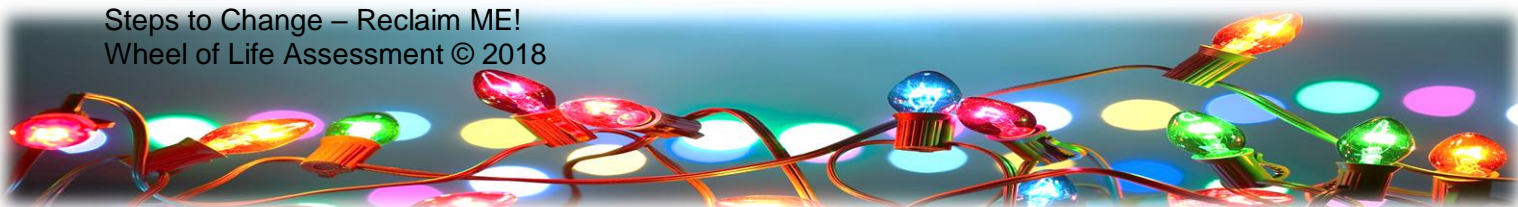
Journal and Share

Any AHAs from this exercise?

How have you been engaging in life to date?

What 3 specific things in your life do you want to be different?

Is there anything common or symbolic around the things you marked as healthy or empowering?



Anyone or anything you need to forgive from this list?



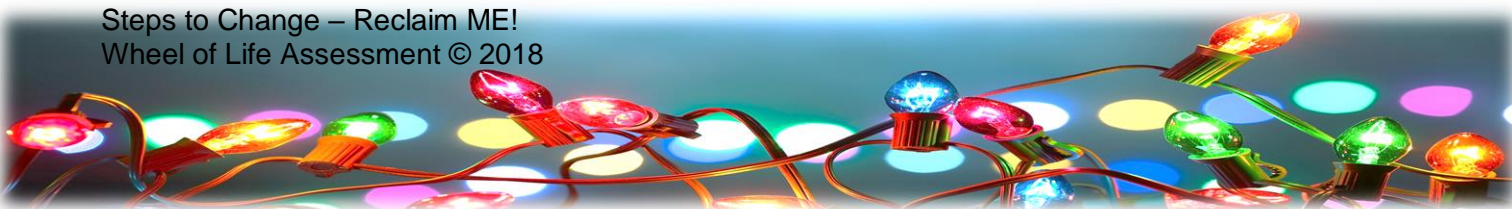
Every day in every way I am feeling healthier and healthier

I am totally willing to learn to love myself

I see my old patterns and choose to make changes

My body is always working towards optimal health!

You can heal your life



Awareness is the first step, but having the end in mind is the second.

Exploratory questions:

- What are the things in each of the segments that 'aren't quite right', or 'not working for you'?
- What would you like to change?
- If you couldn't fail, and your dreams could become a reality, what would your reality look like for you?
- What would your life feel like with these changes?
- What would you hear, see and smell after the changes were made?
- What would be happening in your life and around you when you reached your ideal world?

Let the ideas be on the page. When a negative, questioning or "no" voice is heard in your head thank the thought, and ask what its real message, then write this down too, on a separate page. These 'voices' are jewels along the way that when cashed in give you what you want in life, just like gems found in the mud when panning can make you a fortune when cashed in.

If it is helpful, I dare you to take the challenge of looking at your self in your most honest light. It is a true gift to yourself and extremely self honoring to allow the gems to come to the surface along life's journey.