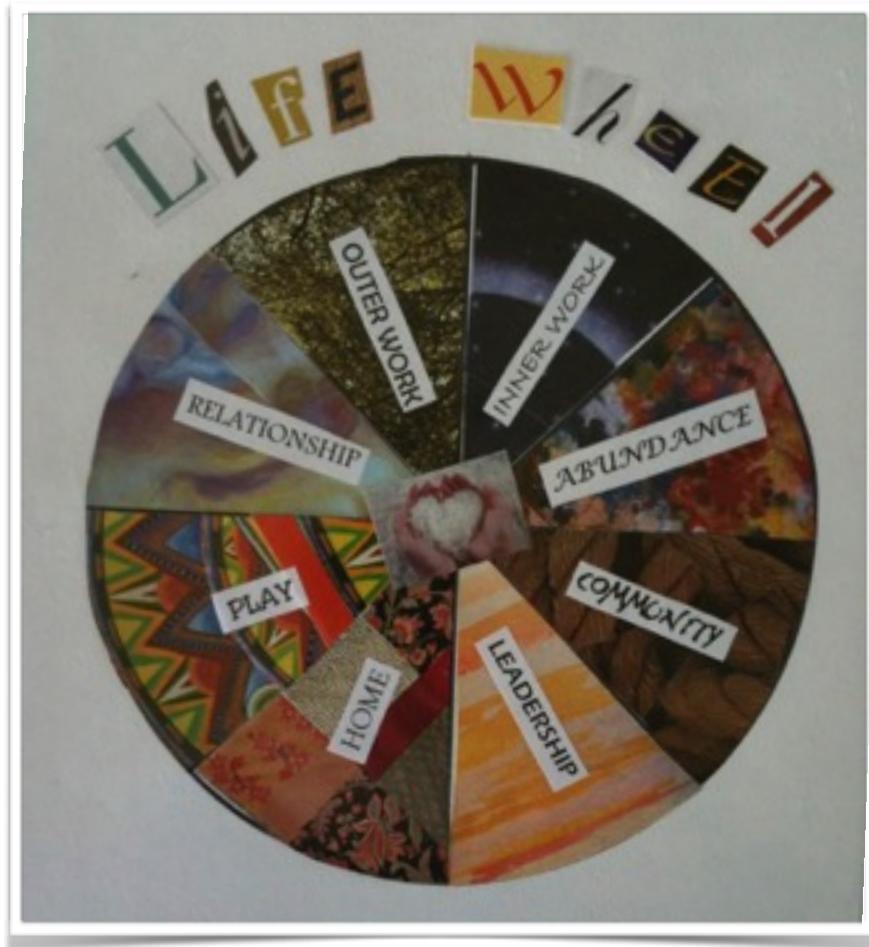


# The Life Wheel

**Life Wheels** are a great way to examine what is important to you in your life, what you are noticing is present, and what you see possible. Each element within the life wheel plays an integral part within the overall ecology of your life. Developing your own life wheel and the accompanying “creative scenes” is a very powerful way to bring intentionality and leadership into your life.

Draw your own life wheel, and label each section of the wheel as an aspect of your life (see example below).

## Sample Life Wheel



# Creative Scenes

Once you have created your life wheel, you can develop a “vision” or “creative scene” for each of the life areas in your Life Wheel. Creative scenes represent the essence of what an area your life would look like if it were fully alive and actualized. They are meant to capture and illuminate your biggest and deepest dreams and aspirations - no holds-barred and already manifest. And they provide you with a guide to reference choices you can make RIGHT NOW to move towards those dreams, possibilities, and visions.

Some suggestions for developing your Creative Scenes:

- Consider using words and statements, or making collages, drawings, or paintings.
- Remember that focusing on the ESSENCE may be more important than the details (for example, how important is it really that your envisioned mate has blue eyes?)
- When using statements, write in the present tense - as though it is already happening
- Stay with statements in the positive, rather than stating what you **don't** want (Ex. “I am deeply enjoying my conversations with my neighbor,” as opposed to, “I am no longer annoyed by my neighbor”)
- Connect to and source from your heart as you develop creative scenes, rather than your mind. Let the visions really move you.
- You can make creative scenes for your life areas, for your year, but even for a day, or a meeting, or a specific conversation.

## Sample Creative Scene

