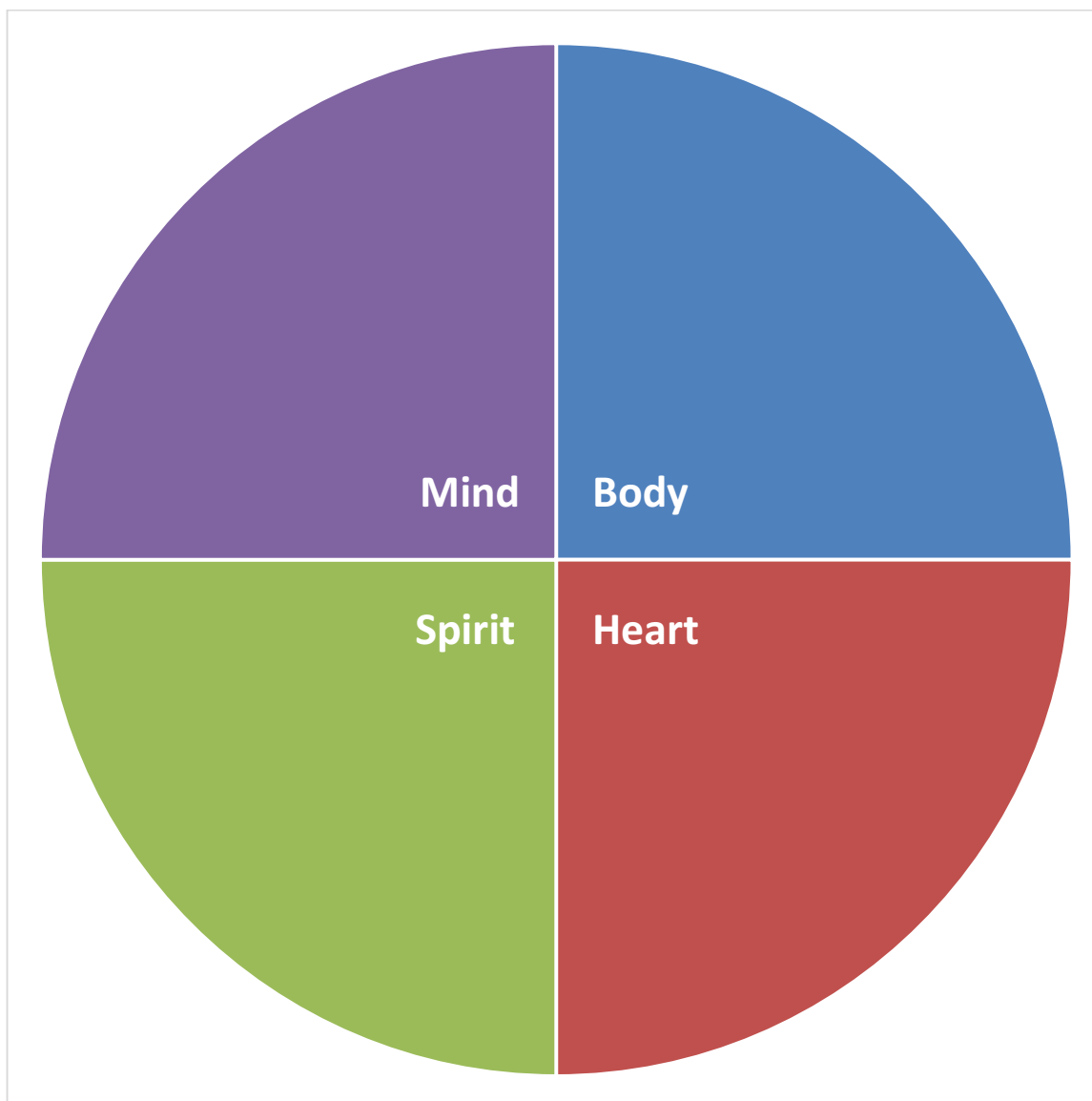


Balance & Renewal – Tool E
My Medicine Wheel – Part 1
Seeking Balance

The Medicine Wheel is a tradition found in many cultures around the world. *Medicine* refers to all that is good and life giving. The four quadrants represent perfect balance – mind, body, spirit, heart. Use key words to indicate the various activities in which you currently engage in each of the four categories. Reflect on how beneficial these activities are to you. Write some notes about what, if anything, you would change if you could.



My Medicine Wheel – Part 2

Seeking Balance

Now consider the activities in which you would *ideally* be engaged in to achieve your vision of a balanced life. Consider these questions:

- What do you want more of in your life? Less of? Do you need to simplify or intensify?
- What skills, knowledge, learning or change in limiting beliefs will help you progress toward the achievement of greater balance?
- What must you give up, sacrifice, eliminate or let go of in order to achieve the balance you want?

