

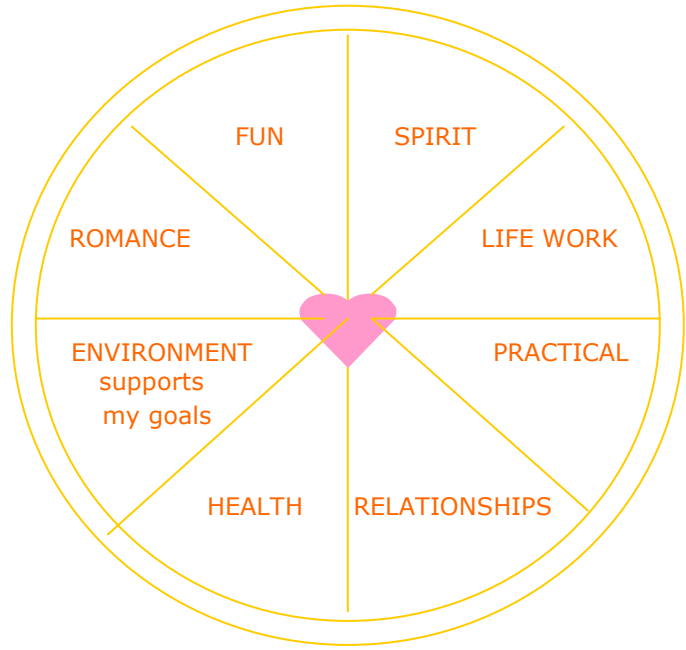
1. What three things are going right in each part of your "Wheel of Life?"

2. What two changes would you like to make to each area?

3. Which three changes would make the most difference in your life?

4. The Miracle Gift

5. Surprise Exercise



**PART 1 – WHAT’S GOING RIGHT**

MY SPIRITUAL LIFE

- 1.
- 2.
- 3.

LIFE WORK

- 1.
- 2.
- 3.

PRACTICAL CONCERNS

- 1.
- 2.
- 3.

RELATIONSHIPS

- 1.
- 2.
- 3.

HEALTH

- 1.
- 2.
- 3.

CREATING AN ENVIRONMENT SUPPORTS MY GOALS

- 1.
- 2.
- 3.

ROMANCE

- 1.
- 2.
- 3.

FUN

- 1.
- 2.
- 3.

**PART 2 — TWO CHANGES OR IMPROVEMENTS I'D LIKE TO MAKE**

(E.g., Overcome procrastination regarding "x")

MY SPIRITUAL LIFE

- 1.**
- 2.**

LIFE WORK

- 1.**
- 2.**

PRACTICAL CONCERNS

- 1.
- 2.

RELATIONSHIPS

- 1.
- 2.

HEALTH

- 1.
- 2.

CREATING AN ENVIRONMENT THAT SUPPORTS MY GOALS

- 1.
- 2.

ROMANCE

- 1.
- 2.

FUN

- 1.
- 2.

**PART 3 – THE THREE CHANGES THAT WOULD MAKE THE MOST DIFFERENCE IN MY LIFE**

- 1. 

---

---
- 2. 

---

---
- 3. 

---

---

**PART 4 — THE MIRACLE GIFT**

Imagine that you receive a miraculous gift—one week of experiences that will bring you both deep meaning and amazing happiness. Describe how you will fill every day to the brim with meaning and happiness. Include whoever is with you, what happens, when, where, etc.

Monday

Tuesday

Wednesday

Thursday

Part 4 — The Miracle Gift (con't)

Friday

Saturday

Sunday

## **PART 5 — FREE SURPRISE EXERCISE**

This exercise was inspired by a friend's dream.

**Preparation:** Place two sheets of paper, a pen, and a timer on a table. When you are ready to write without disruption for three minutes, read over the following Centering Exercise and [CONTACT](#) Karen for the COMPLETE instructions.

### Centering Exercise

To encourage intuitive receptivity, close your eyes and relax your face, tongue, and toes . . . Stretch your arms above your head . . . horizontally, and toward your feet. Next, take seven, deep breaths while imagining a color and a sound that make you feel both relaxed and alert. Then picture a beautiful scene from nature—Include three favorite flowers, water, and something beautiful that is moving in the sky. Take three deep breaths and repeat all three stretches.