

The Climbing Wheel of Life

1) FILL IN EACH AREA
BASED ON HOW 'FULL' YOU
FEEL AT THIS MOMENT

2) ADD AN ARROW (IN OR OUT) TO
INDICATE IF CLIMBING IS ADDING OR
TAKING AWAY FROM THIS AREA

3) WRITE YOUR
OBSERVATIONS
(BELOW)



ONE NEW INSIGHT I HAD: _____

ONE THING THAT SURPRISED ME: _____

A SMALL STEP TOWARD BALANCE: _____