Journaling Guide #2: Your Wheel of Life

1. Are you surprised at the way your life energy showed up in your Wheel of Life (Part 1 of this exercise)? In which areas do you express a lot of Life Energy? Which ones not so much?

2. What are the three areas of life that you chose to express yourself more in? (Part 2)

3. What are the qualities you would like to experience more of while you are enjoying these three areas of life?

4. What are the nature symbols you chose to represent these three areas?