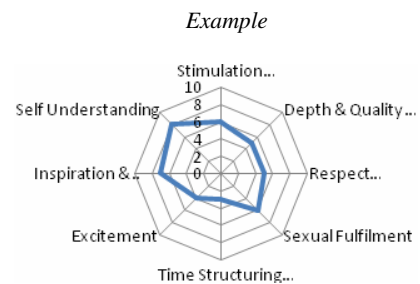
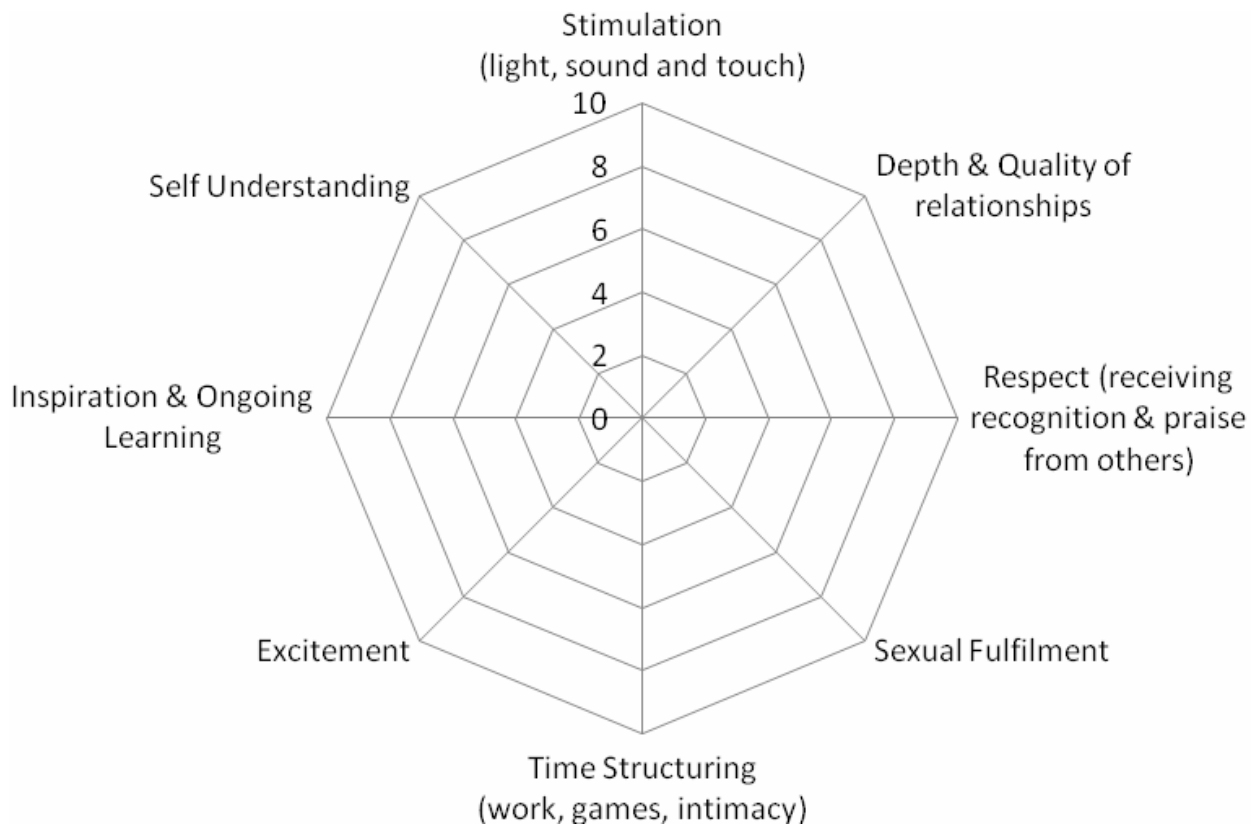


## Medicine Wheel of Emotional Fulfilment

Now, take an *honest* look at where you are on 'The Medicine Wheel of Emotional Fulfilment' below. Use the centre of the wheel as a zero and the outer point of each spoke as a 10. Now, put a small cross as to where you feel you are at the moment on each spoke and then join up the crosses to get a sense of how emotionally fulfilled you are at this moment in your life, and also what you need to work on.



By doing this exercise you will gain a clearer picture of how emotionally fulfilled or unfulfilled you are as a person. Ultimately, it will give you some idea of the areas you need to work on to create more emotional fulfilment in your life.