

## IDENTIFY ABUNDANCE WITH THE WHEEL OF LIFE

*We can start to identify what abundance means to us by looking at different ways it can manifest. One way to do this is by making a “Wheel of Life,” which contains eight different life categories:*

As you go through the list, think about the sources of abundance (or lack thereof) in each category of your life. Fill in each section of the below circle based on how satisfied you feel in that area on a scale of 1-5. Do you feel abundant in Fun and Recreation? Fill that section up to line five. Lacking in Romance? Color that section to line one, and so on.

Once you’re finished, look at the completed wheel. When you have abundance in one area of life, but feel scarcity in another, how can you find greater balance? Perhaps, you can transfer resources from an area of excess, into another area that’s lacking?

It’s important to note that at any given time, you may only have a few areas of life that feel abundant. Try not to judge what you notice but just take note of where you’re at right now.

**FAMILY & FRIENDS**

**ROMANCE**

**PERSONAL GROWTH**

**PHYSICAL ENVIRONMENT**

**CAREER AND WORK**

**HEALTH**

**FUN & RECREATION**

**FINANCES & PERSONAL RESOURCES**

