

Consider these questions as you work with your Wellness Wheel. Listening to the podcast as you move through the questions might help you understand the questions better.

## The Whole Wheel

We are Integrated Beings and not actually divided into four quadrants! The Wellness Wheel is divided into four Domains, or Realms, or Rooms for the sake of convenient organization and to increase awareness that we can strive towards Balance and Wholeness by first considering the four quadrants as real in our lives.

With this caveat in mind, how does an examination of my Wheel help me understand my desired goal for Wholeness?

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How can I look at my awareness and life practice in each of the four realms without judgement, and with self-compassion?

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How balanced is my wheel?

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If my Wheel is a little wobbly (as most of ours are!), how can I work or play towards a more balanced wheel with patience and self-compassion?

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How can I build a practice of making appointments for and with myself in each of the realms each day?

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## Physical Quadrant

What is my Big Brain trying to communicate to me? What symptoms are trying to get my attention?

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Where do I feel particular emotions in my body? How can I use this new awareness to begin processing emotions before acting them out?

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What are my stories of embodied cognition? These are times in my life when I knew or now know that I stored stories in parts of my body.

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How can I move my body in a happy way every day or every other day?

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How can I get fresh air every day?

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How can I learn more about the phenomenal healing properties of trees? How might I develop my willingness to learn Shin Rin Yoku (forest bathing)?

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How can I use my five senses (and even my sixth sense) every day?

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How can a visualization of a time in childhood when I was outside, carefree, timeless and open to the moment's opportunities help me now?

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How can I make sure that I am eating happy food, or that I know where my food comes from?

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How can I embody my spiritual values?

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How can I learn practices that will move me out of my head and into my body?

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How can I unplug and begin moving into silence and rest two hours before I plan to sleep?

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Where can I fit hydration in to my daily round?

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How can I track my preferred rhythm throughout the day? (ie- preferred sleep time, preferred relaxing time, preferred productivity time, etc)

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How can I implement my preferred rhythm? Where can I inject stillness? Just being?

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## Mental/Intellectual Quadrant

Why do I think the Mental/Intellectual realm is the most common default position in Western culture?

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How has my Intelligence and Mental capacity served me in the past? How do I depend on my Intelligence and Mental capacity now?

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How have I “escaped” to my head in the past?

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What myths or stories have I integrated that suggest that it is impossible to think AND to feel at the same time?

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How have I noticed myself “over-thinking” a decision, plan or event in the past?

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What stories or myths have I internalized about my ability or my right to change my mind?

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How would I describe those times when I had difficulty getting to sleep, staying asleep or going back to sleep because of MonkeyMind?

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## Emotional Quadrant

How would I describe my relationship with myself? What comments do I make to myself throughout my day?

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How would I say my relationships with others reflect my relationship with myself?

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What cultural and familial messages have I taken in as true about the importance of emotions?

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How do I know that it is actually possible to think AND to feel at the same time?

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How do emotions master me, and how do I allow emotions to guide me?

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What would I like to learn more about Emotional Intelligence?

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What do I know and understand about the importance of naming feelings?

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What experiences have I had where I was the witness or observer of my emotions

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Where do I hold anxiety in my body?

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Where do I hold joy?

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Where do I hold anger in my body?

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Where do I hold love in my body?

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Where is my power located?

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How have I considered expressing/processing my emotions through journaling, art, dance, voice, drama, therapy, or some other form?

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## Spiritual Quadrant

Where in the natural world do I find the greatest feeling of expansion of self, or connection to something bigger than myself? (Consider kayaking, beach walks, mountains, gardening, singing or chanting, yoga, meditating, river walks, forests, specific global locations).

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If I were to characterize my current life challenge as an aspect of the natural world, would I be climbing a mountain, swimming upstream, sailing a boat, running a marathon, riding a roller coaster, or crossing a desert?

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How do I understand Creativity as an aspect of my Spiritual Self?

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How do I understand Intuition as a deep part of myself speaking to me?

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How might I develop my willingness to design and participate in a few daily Spiritual practices?

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How might writing a Spiritual Autobiography help me begin to understand myself as a Spiritual Being?

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What are my beliefs about the afterlife? How do I understand these beliefs as shaping my cosmology?

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How difficult would it be for me to begin and maintain a Gratitude practice?

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What are the differences between Spirituality and Religion? How might they inform each other?

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When I think about creating a simple alter in my home (earth, air, fire, water objects or a candle and some mementos or photographs or natural objects), what positive and negative impressions come up for me? Are there obstacles that are real or imagined?

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Describe my Guide(s) if I have them or one

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Describe my connections with those who have transitioned (passed on).

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How might I develop my comfort with silence?

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How might the unconditional loving parent speak to me when I am learning?

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