

Wellbeing Wheel

This is an adaptation of a tool used to enable reflection on different aspects of wellbeing.

You might like to:

Consciously be aware of being in the presence of God.

Ask the Holy Spirit to guide, lead and bring insight as you complete this exercise.

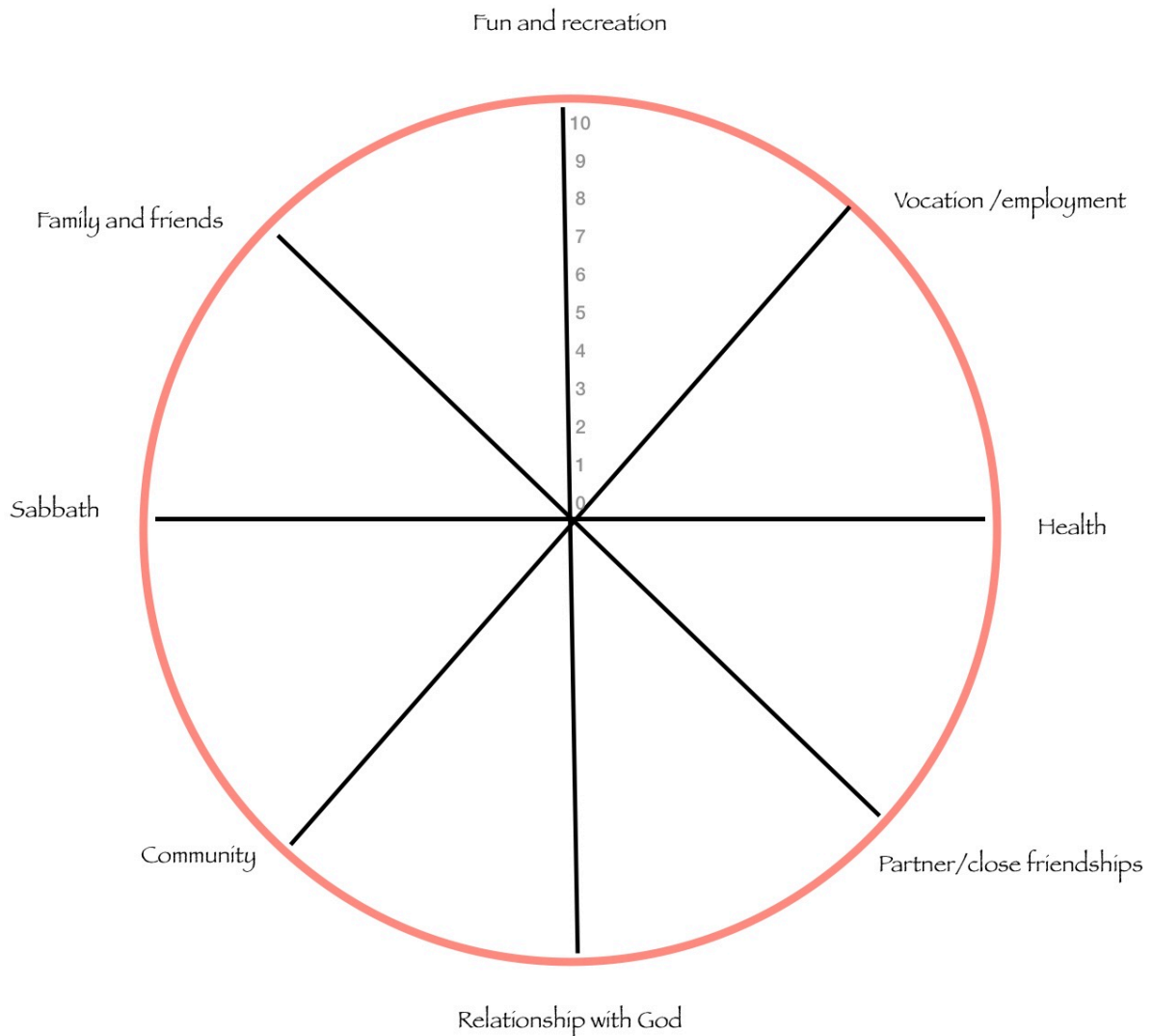
Plot your level of wellbeing on each of the spokes of the wheel, from 0 - 10.

Once you have done this join the dots together and look at the image.

Talk with God about what you notice, think and feel about this.

What areas might God like you to consider and act on?

How might God be leading you to do this?



I came that they may have life and have it abundantly. John 10:10