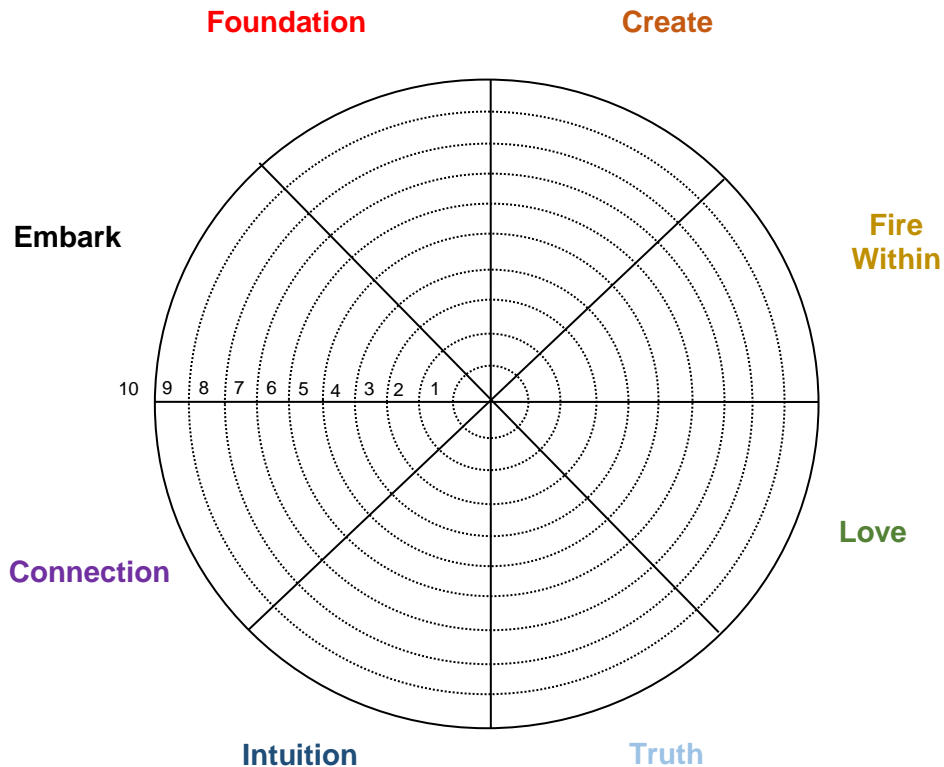


Discovery Wheel

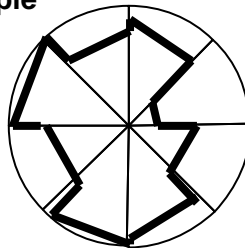


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- These sections represent the steps taken in the Discover Yourself Elevation Program-see the following page to get details on what these sections represent.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Where do we need to work the most?

Example



Elevation Coaching System

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Discovery Sections and Their Meanings

Before you fill out your wheel, take a look at what each section represents. Then mark how satisfied you are with this part of your life based on these representations. This will determine how much we need to work on different areas of your life. Feel free to divide your sections *into* sections and mark each separately. Where is your life now? Where do you want it to be?

We will discuss your wheel in our first Ignite session, don't worry these always can and probably *will* change as we move through the program! We just need a baseline of where you are in your life as we begin! Get ready to create the roadmap to your most authentic self!

1. Foundation
 - a. Feeling supported
 - b. Feeling grounded
 - c. Abundance in your life
2. Create
 - a. Living your passions
 - b. Creating and bringing your desires to life
 - c. Self-love/Boundaries
 - d. What do you need from intimacy & sexuality?
3. Fire Within
 - a. Self-esteem
 - b. Responsibility for your life
 - c. Your worthiness
4. Love & Compassion
 - a. Love for yourself
 - b. Love for others
 - c. Compassion/Finding the beauty in all things
5. Truth
 - a. Communication (with yourself & others)
 - b. Inner Listening
 - c. Speaking your Truth
6. Intuition
 - a. Inner guide
 - b. Wisdom
 - c. Finding trust within yourself
7. Connection
 - a. Fully at peace with your place in the world
 - b. Serenity
 - c. Deep connection to higher self/power
8. Embark
 - a. We will discuss this one together at the end of our journey to move forward!