

## What Feeds You

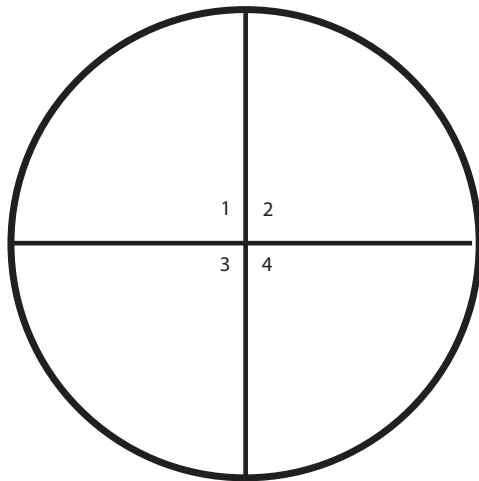
We all know the importance of good nutrition. But have you ever thought about the other types of “food” that “feed” you? What are the building blocks of a happy and healthy life? I think this question could be answered in many ways. But a good solid four are:

1. Relationships
2. Spirituality
3. Physical Health/Appreciation/Movement/Joy
4. Career/Financial Stability and Ease\*

\*Number 4 is a bit tricky. Maybe what you do for a living is very important to you. Maybe it is just a way to make money and so long as you are working for a decent company that is fine by you. Maybe you don't earn a wage/salary but instead maintain the home and/or raise your kids. Really feel into this area so that it resonates!

Some bright person created this very clever little device called a wellness wheel. It is a very simple exercise to gauge where you are at in these four major areas. Now an argument could be made for a six slice pie so I've included both for your convenience. But the four slice is definitely a good and manageable place to start.

Here's how it works:

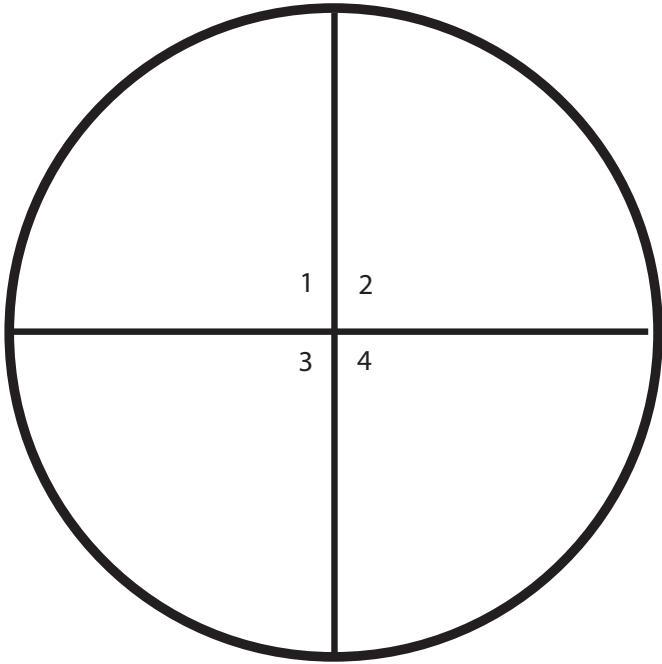


1. Label each pie piece
2. How “well-fed” are you in each area? Color in a corresponding amount of the pie piece
3. There are two goals that you are working towards:
  - a. Balance in your life: have an evenly balanced wheel so that your colored in sections of pie also form a circle. Otherwise you are in for a bumpy ride.
  - b. Abundance in your life: be pretty darn satisfied with how much of your pie piece is colored in. :)

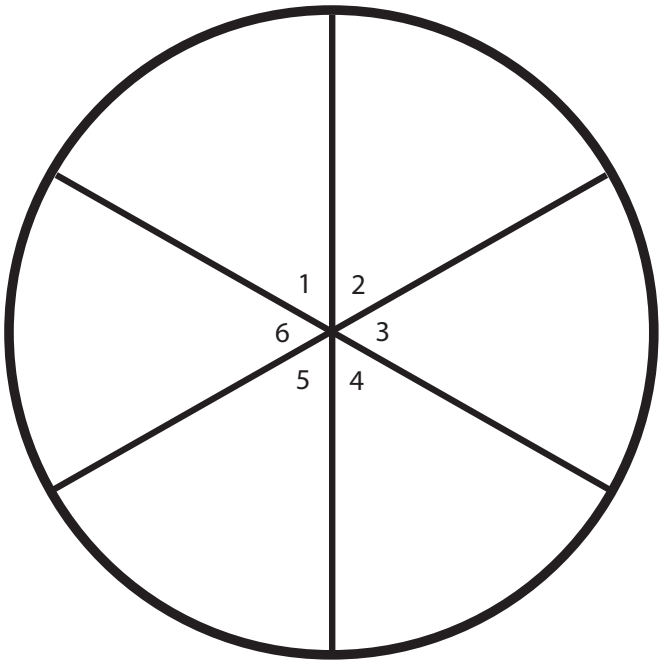
**My first wellness wheel look something like this:**



And that is totally fine! This is not an exercise in beating yourself up. It is merely a way to assess where you feel you are at. A good tool to show you what you might like to focus on a bit more. And if you do them often, some interesting and informative patterns might reveal themselves. So enjoy! Have fun! Learn some things!



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_