

THE WHEEL OF ALIVENESS



How to do it:

Draw a circle and divide it into eight segments (like a pizza).

Label each segment with these eight different dimensions of aliveness:

Voice (self-expression, truth-telling)

Body (energy, vitality, pleasure)

Relationships (connection, boundaries, intimacy)

Work/Impact (creativity, contribution, meaning)

Play (joy, spontaneity, adventure)

Spirit (faith, purpose, inner wisdom)

Courage (risk-taking, boldness, being unignorable)

Rest (ease, stillness, nervous system regulation)

For each slice, shade in from the centre outward to show how alive you currently feel in that area (0 = not alive at all, 10 = fully alive and unapologetic). The outer part of the circle is 10, and the inner part is 0.

Take a moment to examine your wheel: Where are you thriving? What areas need more of your attention? Choose two or three areas that you scored yourself low on to focus on as we move into...

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