

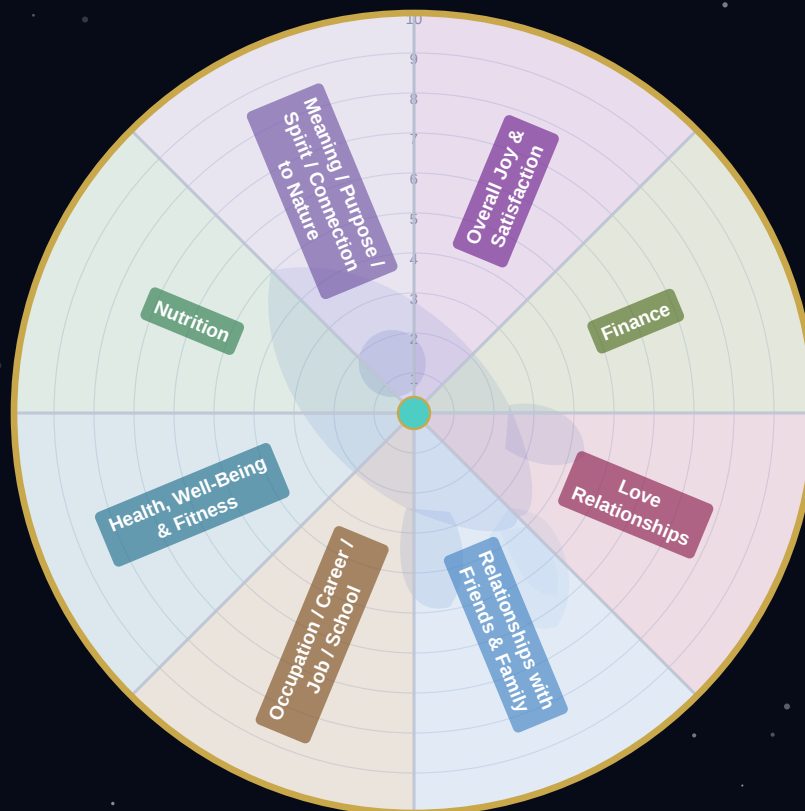
The Navigation Wheel

A snapshot of your life situation.

SESSION OBJECTIVES

1. Assist and support you in understanding your current life circumstance.
2. Identify barriers keeping you stuck on the launchpad, while revealing areas for growth and possibility.
3. Celebrate your strengths. Where attention goes, energy flows — keep building on what's working.
4. Remember: this is a snapshot. It constantly changes, just as feelings come and go. Awareness, however, remains.
5. Know the technique of surrendering that can be applied anywhere in any given moment.

Instructions: Color each slice from the center outward to reflect your satisfaction level.
10 = "Completely satisfied with this area now." | 1 = "Not at all satisfied with this area now."



Initial reflections & observations:

Now, this tool says nothing about who YOU are!

See following handouts for more!