



Law of Attraction Exercises

Exercise - Wheel of Satisfaction

Part 1.

Print out the LawOfAttractionWheel.pdf from the Law of Attraction section. Consider each of the 8 topics and give a satisfaction score from 0 to 10, (0 being not satisfied at all, 10 being extremely satisfied.) Mark each spoke with your score. When all topics are scored, do your best to connect the marks around the circle with a curvy line. When you're done connecting all the marks, highlight or color this shape that you made with the connected marks. A big wheel that is nice and round will get you where you're going the quickest. A small round (balanced) wheel will get you there too, it will just take longer. A bumpy wheel, and you're in for a bumpy ride.

Part 2.

Go back to the wheel and mark each spoke for where you'd like to be in the next 12 months. Where do you want to put some attention? What would like to see some more of? Where are you willing to do a little work or try some new actions? Mark each spoke to signify your answer.

Now, draw a new curve connecting all of these points. Compare this shape to the first shape you drew in Part 1. Shade or color in the area between the 2 shapes you drew. This is the GAP. This is place to put some energy and attention. This is the space you will be navigating in the upcoming months.

Review:

How do you feel about your first shape? And the second shape?

What do you notice about the balance or not between the different topics?

Are there any additional topics or parts of life that didn't show up here?

If you notice anything or want a little help with this, please let me know. There will be teleclasses and groups on all the different Steps in the book so you can share your experience and hear what other people are experiencing. If you'd prefer, we can also set up a One-on-One session. Please refer back to the website for information on these opportunities:

www.earthandlight.com

Wheel of Satisfaction