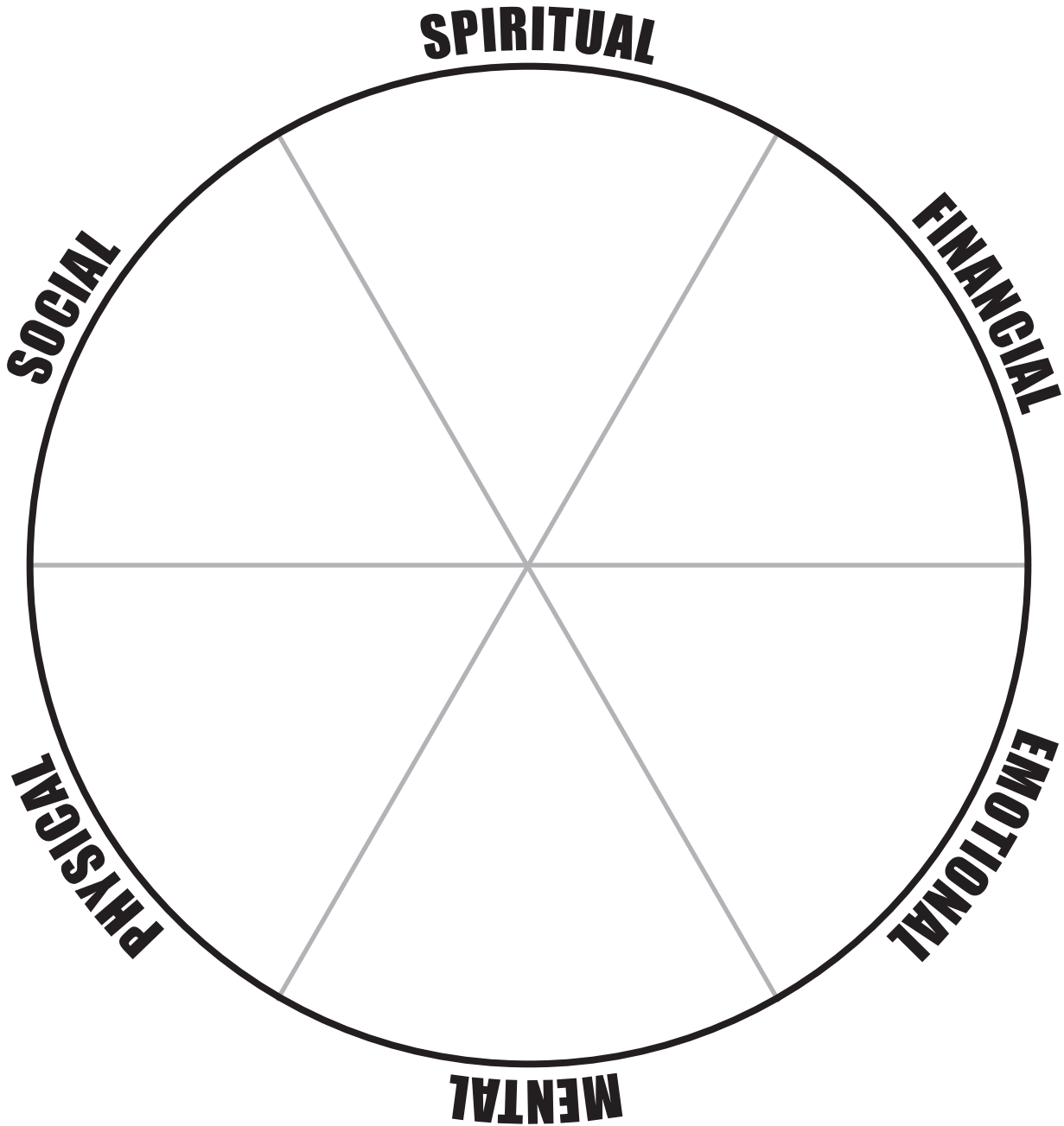


PRAYER WHEEL



Prayer Wheel Instructions

Under each category write a goal that you want to accomplish. Write it in terms as if it were already true.

Examples

Spiritual – I spend time each morning sitting quiet in meditation

Mental – When my thoughts race I stop the process by thinking of something calming

Emotional – When someone says something that is hurtful I tell them in an assertive way

Physical – I exercise five days a week for at least 30 minutes

Social – Each day I contact

one person who is affirming to me. I go out with friends twice a month to a healthy-type outing

Financial – All my bills are paid on time. I have money left over to use for fun activities.

Set a Date
Under each category set a realistic date that you want this goal to be accomplished

How to Accomplish

Each day sit in a chair for two minutes and picture your life with each of these goals already accomplished. Use second sheet for removing obstacles.

When Accomplished

Once a month go back and look at the Prayer Wheel and make a new one as the goals are completed.

Prayer Wheel Obstacle Removal

Spiritual

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?

Social

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?

Mental

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?

Emotional

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?

Physical

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?

Financial

What do you want to accomplish:

How will you know when it is accomplished?

Date to be done: _____

What tasks are needed to accomplish this goal?

How might you sabotage this goal?

How can you prevent this from happening?