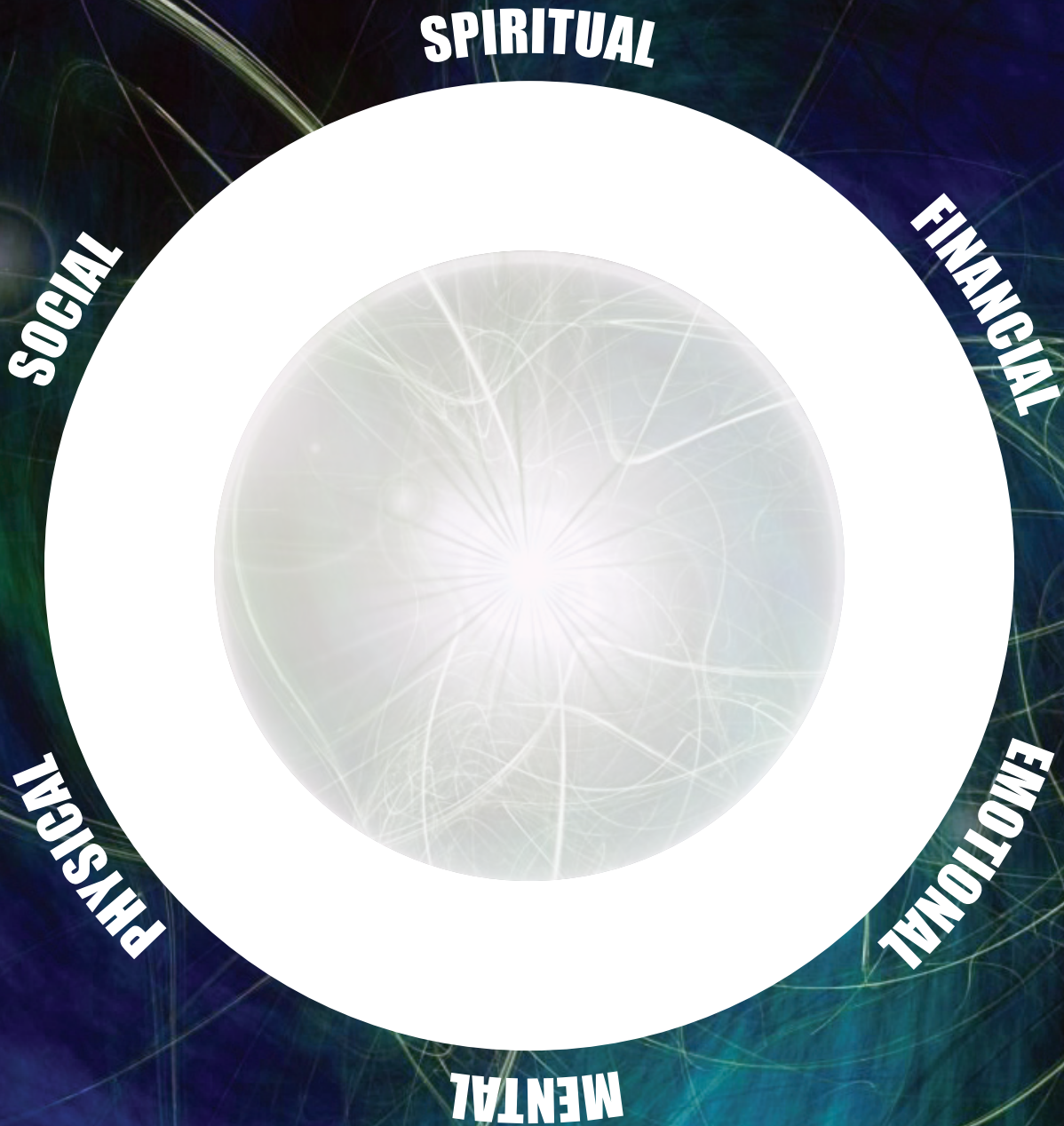


# PRAYER WHEEL



## 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?