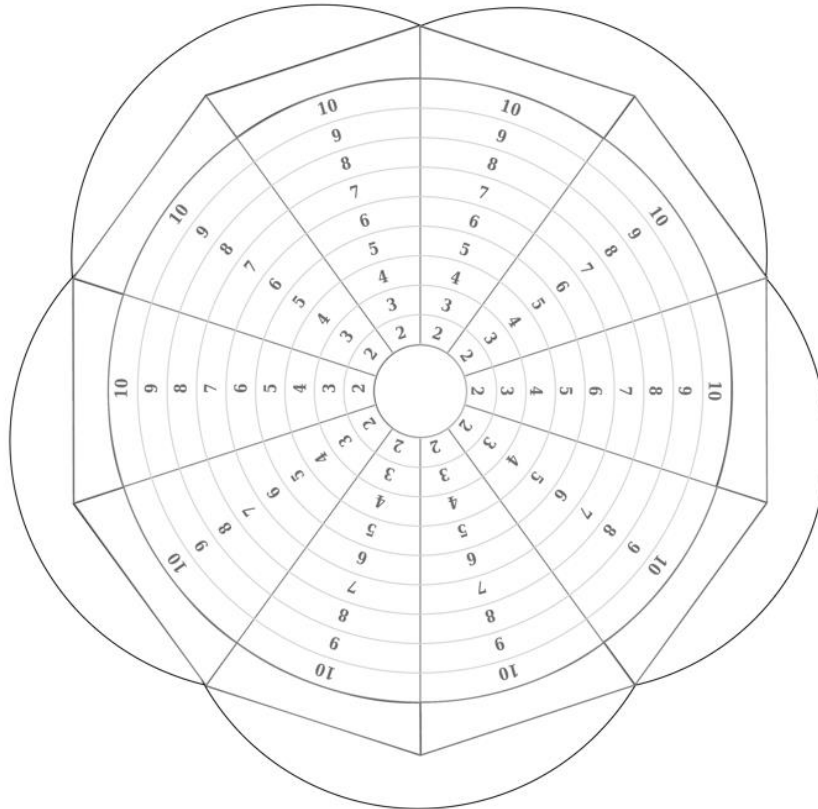




## WHEEL OF LIFE: NOURISHMENT

Name \_\_\_\_\_ Date \_\_\_\_\_



**Discover what wants to be nourished...** Print off these pages and add your chosen titles to work on for each of the sections; score each in terms of level of satisfaction (with close to the centre at 1 being low satisfaction and higher satisfaction towards the outside of the circle with 10 indicating ultimate happiness). When you have completed this have a look at the Wheel of Life. Are there low scoring areas? Are there areas that are calling to be nourished in some way?

Then turn to the next page and give an explanation for each scoring, the outcome you would like to see instead and any action, however small, that will move you in the direction of higher satisfaction in the lower scoring areas.

### CHOOSE 10 x SECTION TITLES FROM (OR ADD YOUR OWN):

Joy	Social Life	Relationship
Healthy Eating/ Home Cooking	Creativity	Spirituality
Finances	Career	Education
Home Environment	Physical Activity	Health



**BRIEF EXPLANATION OF EACH AREA (continue on another page if you want):**

TITLE OF SECTION	Brief Explanation of Scoring
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



## WHAT OUTCOME WOULD YOU LIKE TO SEE INSTEAD?

TITLE OF SECTION	What I would like to see instead
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



**ACTION based on the small or easiest thing you can do to move forward and increase the scoring:**

TITLE OF SECTION	Smallest, easiest ACTION I can take next
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10	



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## **INVITATION TO REVIEW:**

*Please find the time, if you so wish, to contact me and schedule a call to connect with me 1-2-1.*

*I will ask you a series of questions specifically designed to uncover the challenges you're experiencing, or what's NOT going well.*

*I invite you to discover on this call what your vision is for your health, weight, digestion, sleep, wheel of life nourishment aspects etc. and find out specifically and uncover what is stopping you, slowing you down or preventing you from having what you want so you know what the next steps are to moving forward.*

*The process is easy and fun, there is no way you can mess this up and it is guaranteed to deliver some powerful breakthroughs, so you can just relax and enjoy the process.*

*By the end of the conversation you'll know if I'm a good fit for you and I'll know if you're a good fit for me, so we'll be able to make a decision about whether or not working together is the best next step.*

**Here are my contact details:**

**Telephone or Text: 07717 001629**

**Email: [info@katherinedandridge.com](mailto:info@katherinedandridge.com)**

**Website Contact Form and I can call you back:**

**[www.katherinedandridge.com](http://www.katherinedandridge.com)**

**Great! Let's get started!**

*Katherine x*