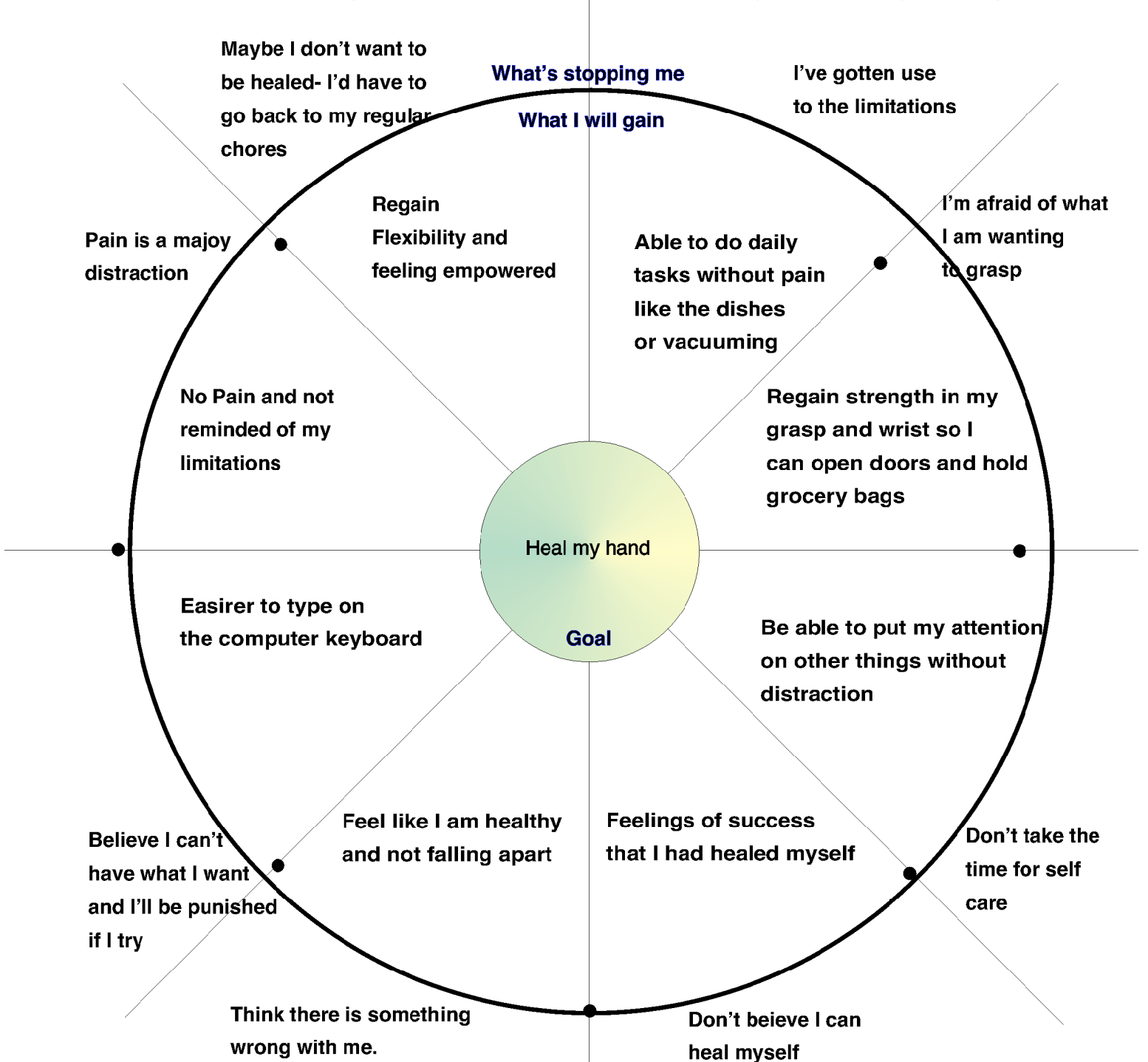


Vision Wheel

1. Write in the center circle what you want.
 2. Write inside the rim all the things your goal will bring you.
 3. Write outside the rim what is stopping you.
 4. Draw a point on the spokes with where your attention is right now.
- The rim is neutral- your energy and attention is neither focused on the advantages or disadvantages of your goal.



Sample Worksheet