



PSYCH-K®

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MIND. BODY. SPIRIT INTEGRATION

Pre-Session Prep workbook (Optional)

Spheres and Wheel of life Ratings | Three Questions to Help you Prioritise

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Free
Your
Mind

PSYCH-K®

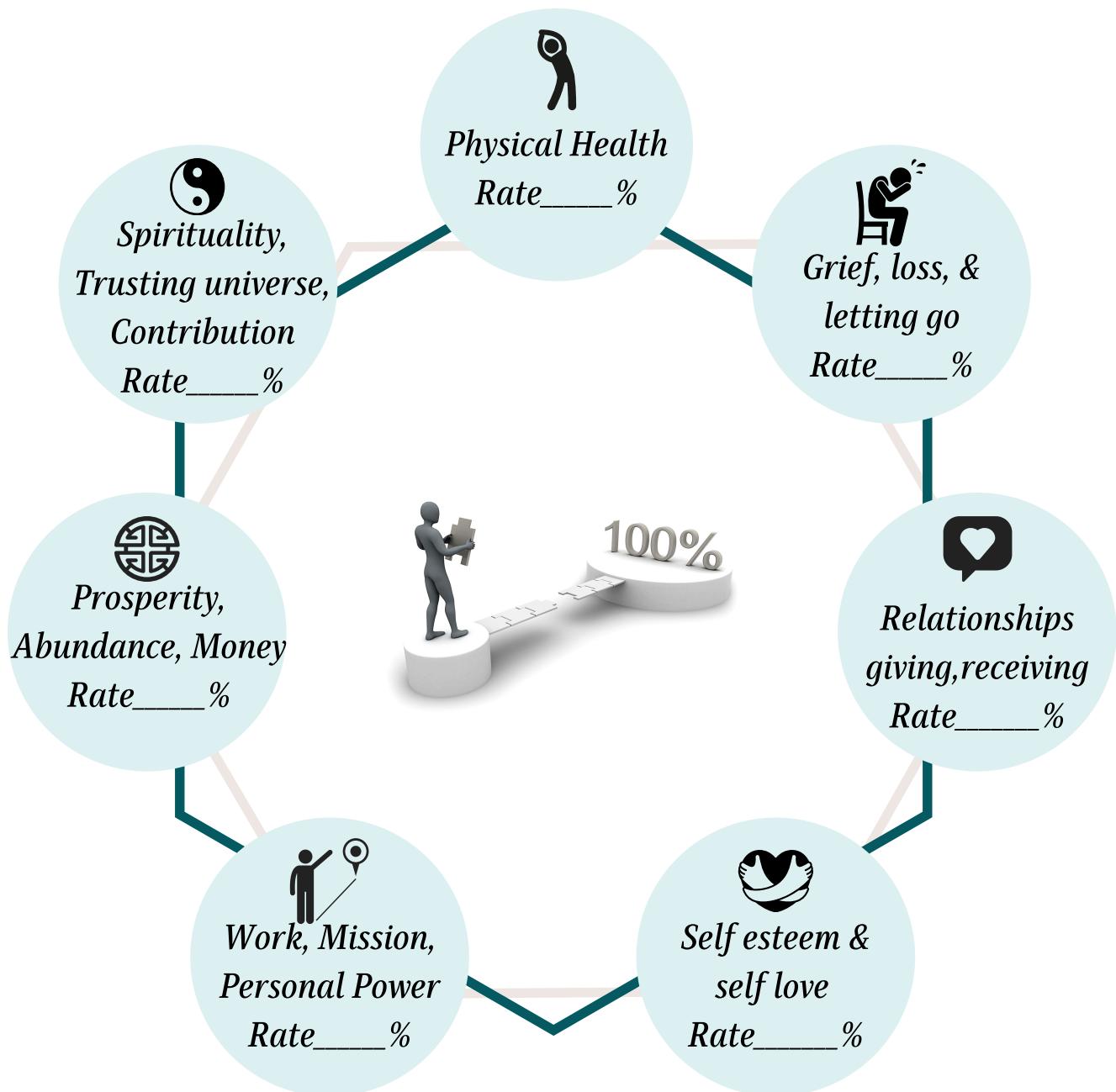


The Spheres & Wheel of Life

To close the gap from where you are to where you want to be, begins with getting crystal clear at exactly where you are now. A map can only guide you where you want to go, when you know your precise starting point. Look at the spheres of life diagram below and take a moment on each sphere to rate yourself on a scale from '0 to 100' from 'How things are now'? For example, you might rate yourself at a 70% in your physical health, a 40% in your emotional life, 80% in your relationships, 60% in your self esteem and self love, 40% in your work and personal power, 90% in your prosperity, abundance & money, and 10% in your spirituality, in trusting the universe, and contribution.

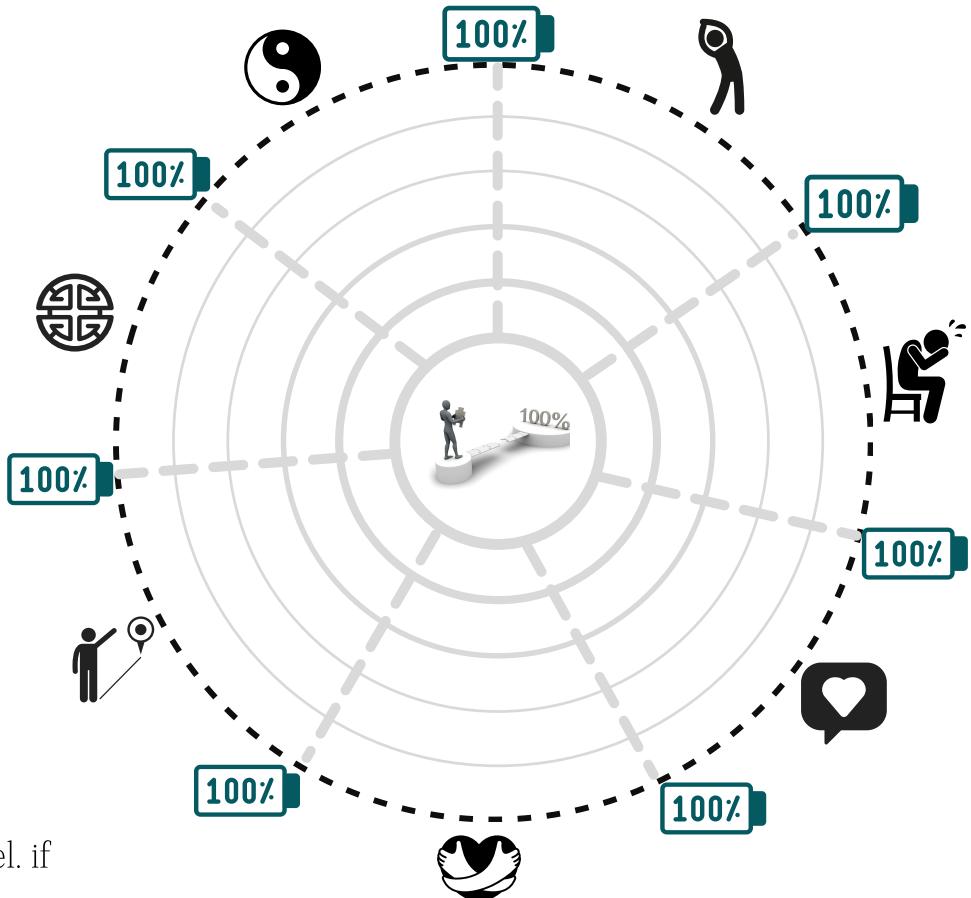
01 My Spheres of Life

In each sphere of life, rate yourself from 'How are things now for me from '0 to 100'? (With 0% being very Distressed and 100% being Extremely Fulfilled)



02 My Wheel of Life

Now transfer the results to the wheel below, shading in the space within the curved lines of each section in the wheel that represents the number % you currently rate yourself at.



Now take a look at your wheel. if this wheel were a tyre on your car called life, how would it run? How would you do at 10mph? or as an achiever going at 100mph?

If you are like most people, your car is a little out of balance, and its going to be a heck of a bumpy ride! The same is true of your life when certain areas are out of balance, you tend to experience more bumps and road blocks in the road. You can still achieve your desired destination but it will take much longer and the ride is going to be rough and not much fun.

Please answer the questions below as honestly as you can to prepare you for the session:



Step one - Prioritise

What is the main overall sphere/topic/issue you would like to resolve in your session. Use the spheres of life as a guide. It can be anything you desire to change in your life.



Step two - See the Impact

Describe the impact on your experience with this issue?



Step three - Clarity & Choice

Instead of your current experience, what would you really like to experience instead?

More space to write your answers