

## Native American Medicine Wheel

Score each area on a scale of 1-9. 1 = doing badly 9 = doing great

Physical: How do you do taking care of your body?

Mental: How do you do taking care of your mind?

Spiritual: How do you do living your religious beliefs (baptismal covenants/temple covenants)

Emotion/Ego: Women need to box up 90% of their emotions and throw them over the mountain. Men need to box up 100% of their ego and throw it over the mountain. How do you do controlling your emotions and/or ego?

Attitude: How is your attitude? Do you look for the good, or see the bad?

Behavior: Does your behavior reflect what you truly feel in every other area? Or do you say one thing and do another? Do people believe you when you say something? (It's called Integrity!)

Communication: How do you do talking about your feelings? Do you RISK sharing them, or do you clam up?

Discipline: How do you do keeping EVERY part of your life under control? Anything can become an addiction. Are you temperate in each aspect of your life?

Family/Friends: How are your relationships with family and friends? Do you express your love for them? Do you take them for granted?

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**Assignment:** Pick ONE area to work on for the next week. Pay attention to your progress!!

When WE recognize the area we need to improve upon, and focus on it, we will change!! **Story:** In 2006, we took the family on a vacation to California. As we drove down with 6 teenagers in the minivan, I did the Medicine Wheel with them. I then challenged everyone to "pick one area to work on while we're on vacation." Two days later, at Disneyland, 16-year-old Amelia turned to me and said, "Hey Mom, I bet you don't know what I chose to work on...!" I replied, "Of course, I do!" She retorted, "No you don't! WHAT?!?" I said, "You chose Attitude..." She gasped and asked, "How did you know???" I sweetly replied, "You have been DELIGHTFUL...and you're usually a BRAT!" Now, many years later, she laughs when I tell her that I repeat this story often, and says, "Well, it was true!"

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### Affirmations:

I am a winner	I make good choices	I am confident & enthusiastic
I am responsible	I do it now	I am obedient
I don't stop; I NEVER give up	I release all doubt and fear	I am my own best friend