

AWARENESS WHEEL

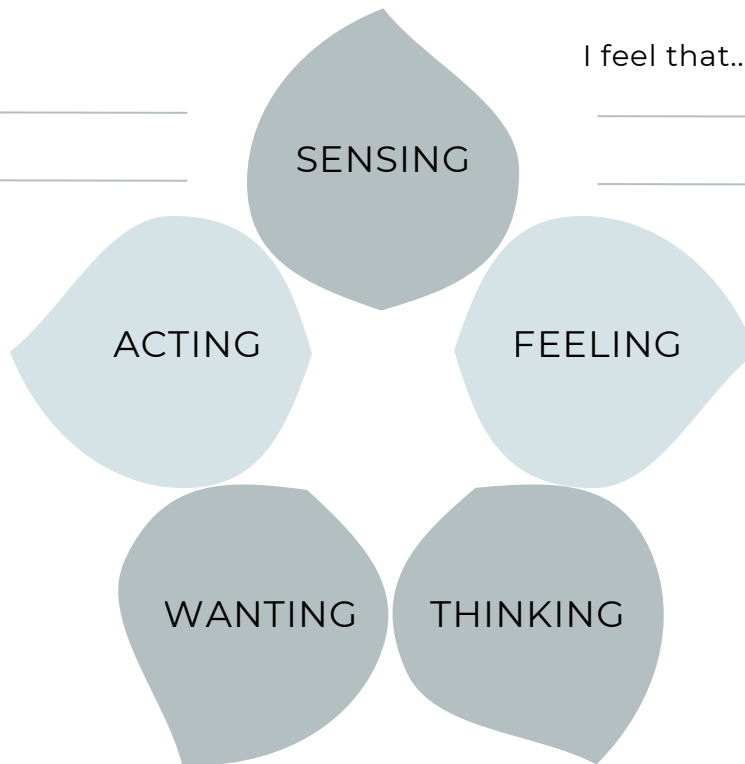
Using the Awareness Wheel, we can process events and goals to understand our thoughts, feelings and desires, and determine the actions we wish to take.

GOAL

I sense that.....

I plan to.....

I feel that.....



I would like to.....

I think that.....
