



DR. EDIE WADSWORTH

[illegible]



This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across the entire width of the page, typical of notebook or composition paper. The background is white, and there are no margins, text, or other markings present.

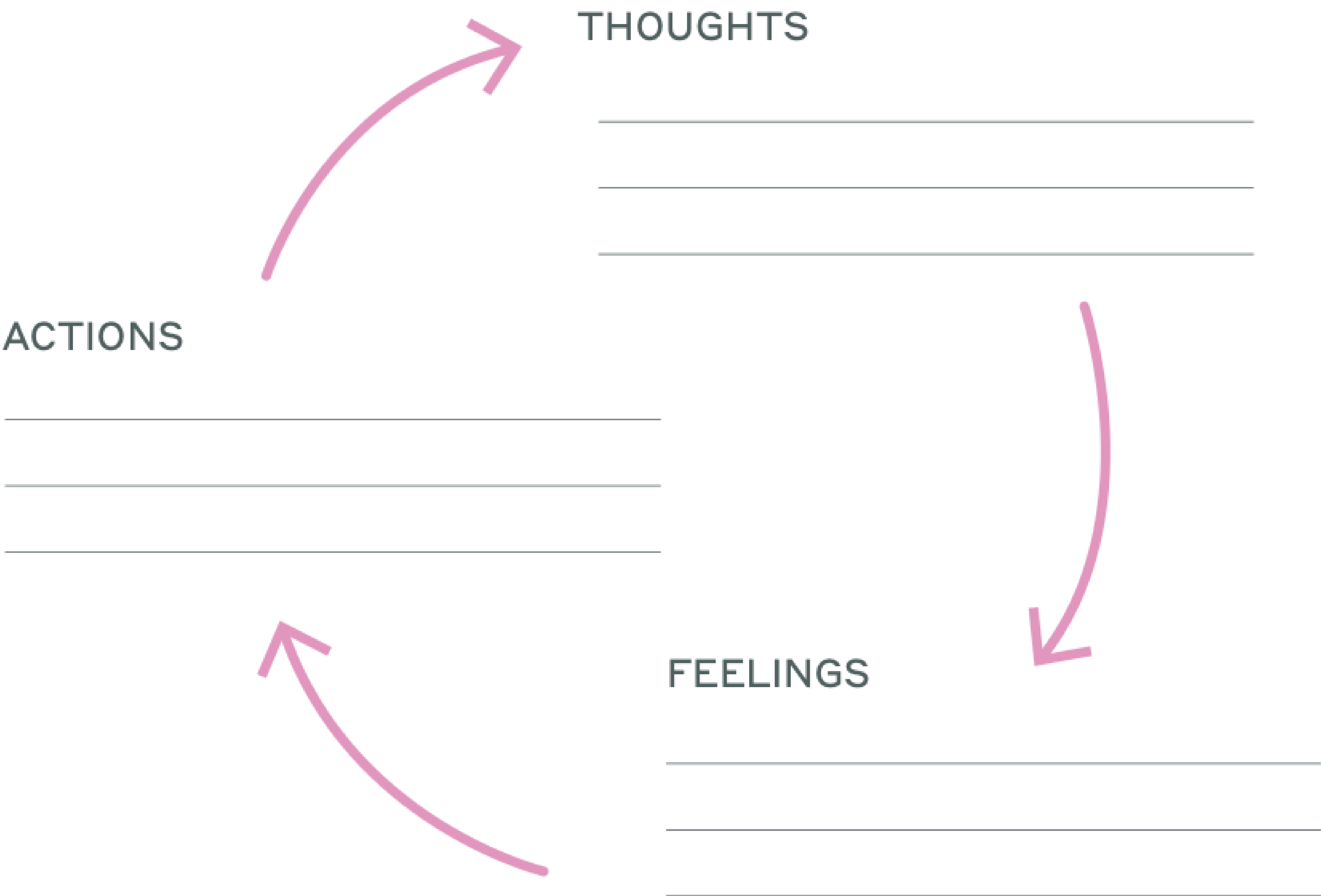
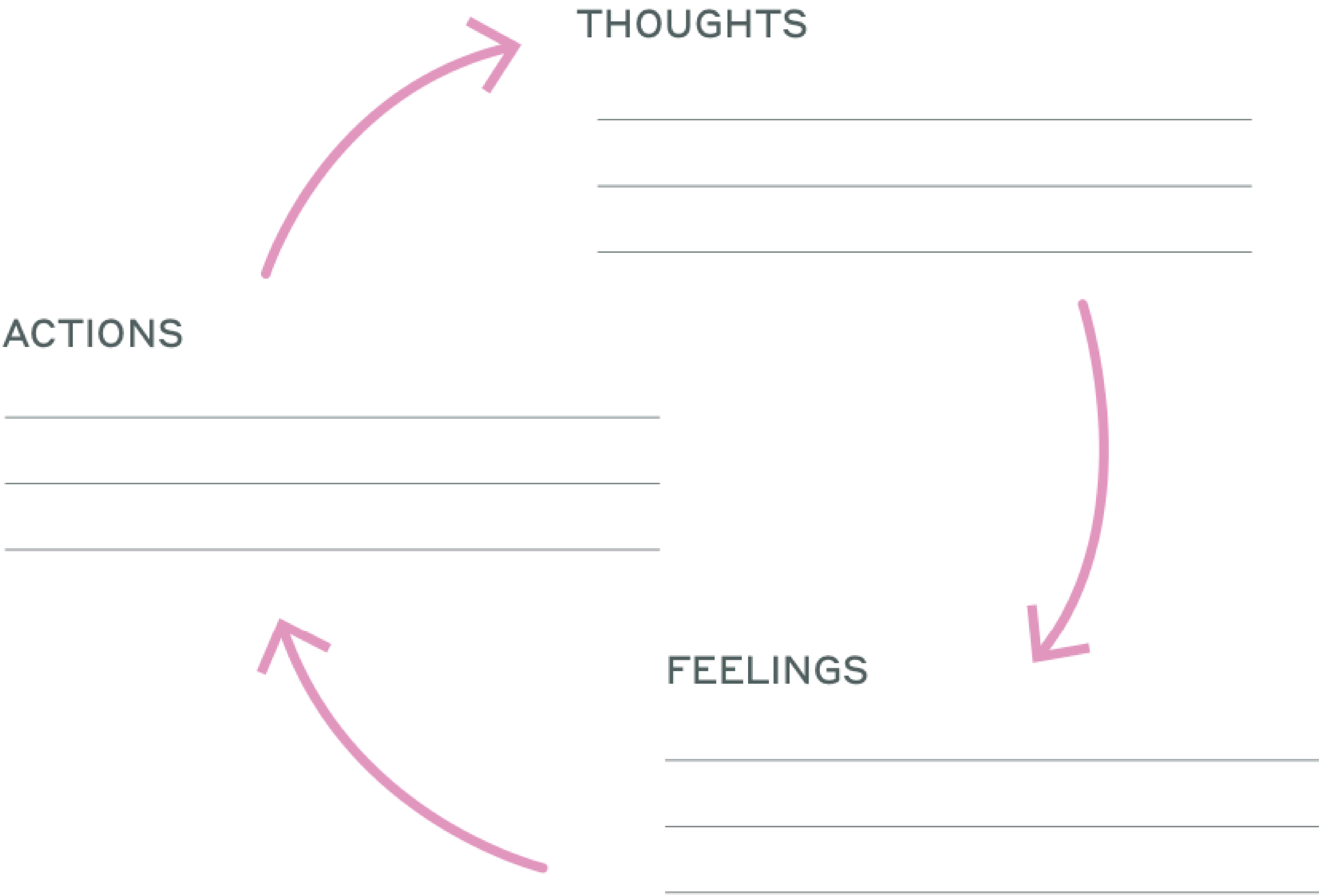


WAKE UP & SHOW UP AS ONLY YOU CAN

[illegible]



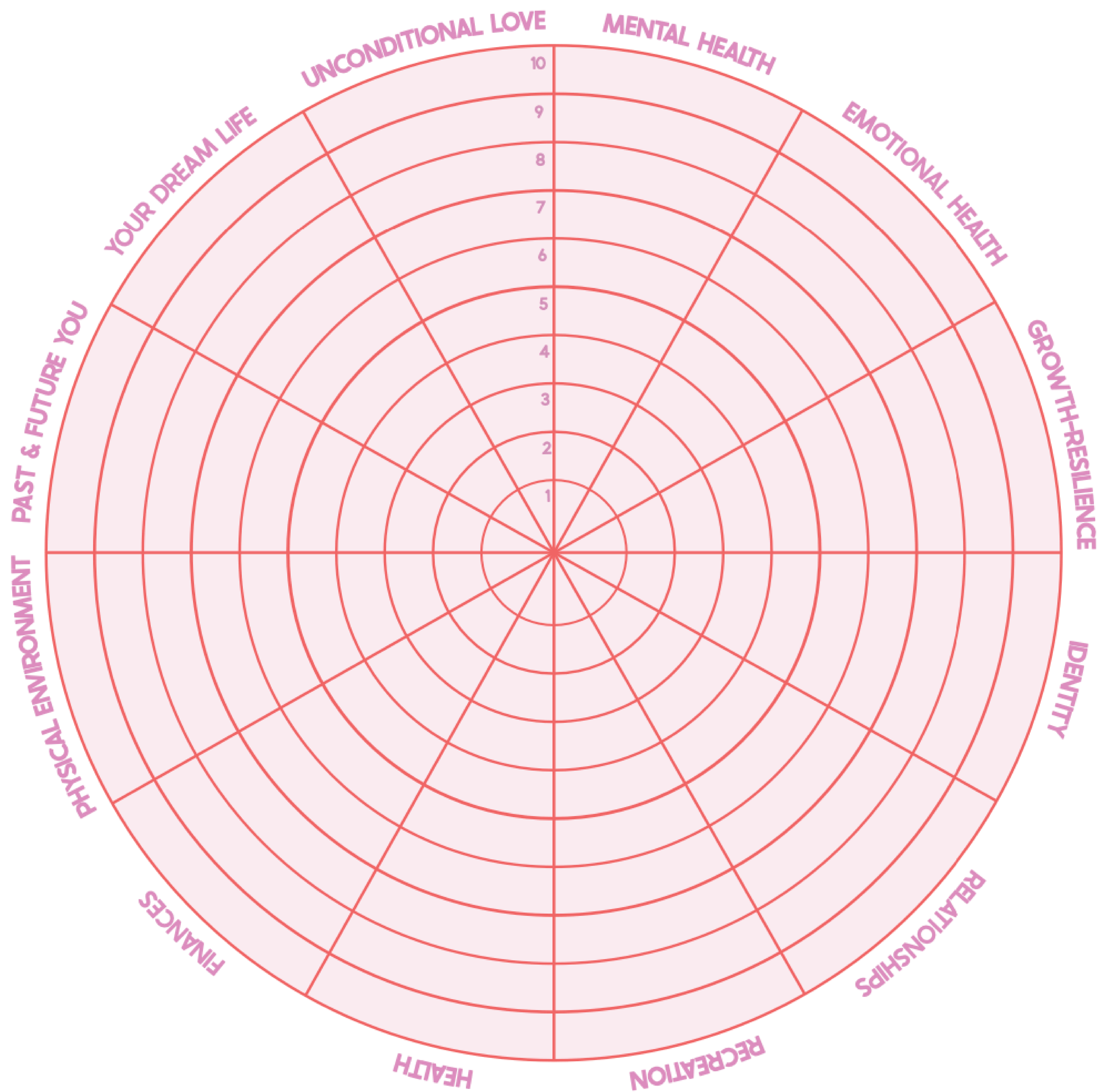
CREATION CYCLE



LIFE WHEEL

SELF ASSESSMENT

Use the question prompts on the opposite page to help you assess where you currently are in your life. Give yourself a score of 1-10 in each area, and pick 1 main area to focus on this quarter. Think of an area that would be a domino to help you in others areas as well.



MENTAL HEALTH

I take responsibility for my thoughts and manage them well.
My thoughts create the results in my life.

EMOTIONAL HEALTH

I understand the source of my emotions.
I am willing to feel my feelings, and I create the emotions I want.

GROWTH RESILIENCE

I look for opportunities to learn and grow.
Even in adversity I see the lesson.

IDENTITY

I believe I am who God says I am.
My identity does not come from my performance or others' opinions of me.

RELATIONSHIPS

I have meaningful connections with the people in my life.
I love unconditionally.

RECREATION

I have nourishing routines that allow for rest and play.

HEALTH

My nutrition and physical fitness is a priority in my life.
I eat food God made and move my body regularly.

FINANCES

I have a good understanding of my how to create, spend, and invest my finances. I believe there is always enough.

PHYSICAL ENVIRONMENT

My home fills me with joy and gratitude.
I am making it exactly what I need it to be to serve me and my people.

PAST FUTURE YOU

I set goals regularly and keep my word to myself.
I am doing things today that I will thank myself for in the future.

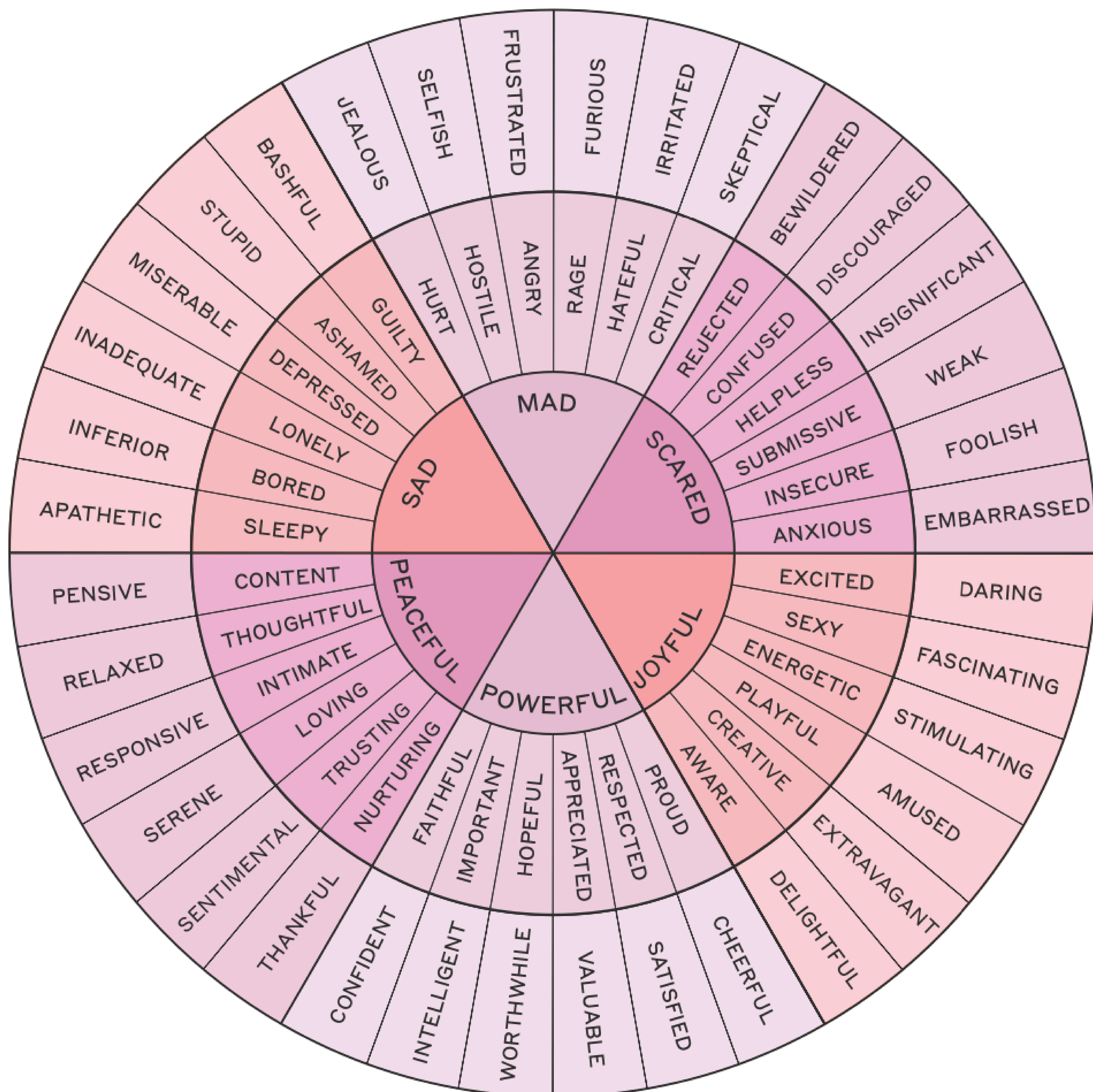
YOUR DREAM LIFE

I understand and am fulfilling my purpose/calling.
I believe in my ability to create the life I want.

UNCONDITIONAL LOVE

My ability to love does not depend on anyone else.
Love is created by my thoughts, and the renewing of my mind.

FEELINGS WHEEL



TRUE-SELF

(LOVE)

FALSE-SELF

(FEAR)

BRING HEAVEN TO EARTH

TRUE IDENTITY
NEW MAN
VULNERABLE,
TRUE OPEN
ACKNOWLEDGE DOUBT
TRUE SELF STRONG/
RESILIENT
AWARENESS
ABUNDANCE
GENEROSITY
FORGIVENESS
LOVE
COMPASSION
PROTECTING OTHERS
SERVING OTHERS
JOY

STRONG

EGO
NATURAL MAN
PROTECTIVE,
ARTIFICIAL PERSON
DEFENSIVE
HIDE INSECURITIES
EGO SELF IS WEAK→
MUST BE PROTECTED
(SELF CONSCIOUS)
LACKS AWARENESS
LACK JUDGMENT/ENVY
RESENT/BITTER
HATRED
INDIFFERENT
PROTECTING SELF
SERVING SELF
MISERY

WEAK

BRING HELL