

WIND WORK BASICS

DAILY LIFE WHEEL • INSTRUCTIONS

Take an average day in your life.

Start with sleep.

How many hours a day do you sleep?

With a pen or pencil, mark out an apportioned slice for sleep on your daily life wheel (see next page)

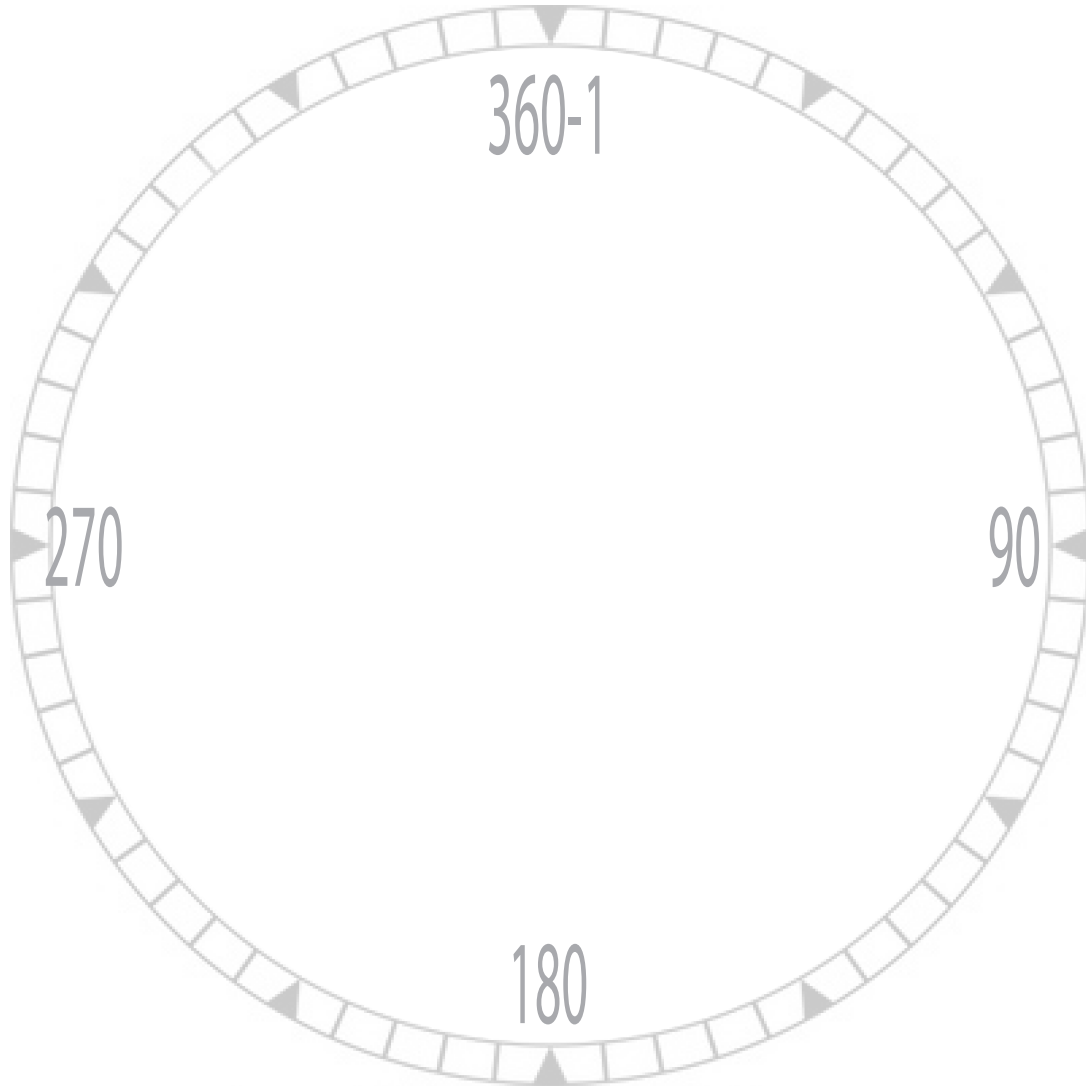
Then going through your day, mark apportioned slices for:
work • gym • walking in nature • reading • cooking • medical
spending time with family • driving • etc.

If there are activities you do regularly once or twice a week average them out but make sure you add them to your daily wheel.



WIND WORK BASICS

DAILY LIFE WHEEL



WIND WORK BASICS

DAILY LIFE WHEEL

