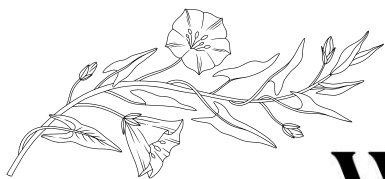


You are the Emotional Codebreaker

Nurture your emotional healing - Interactive action journal

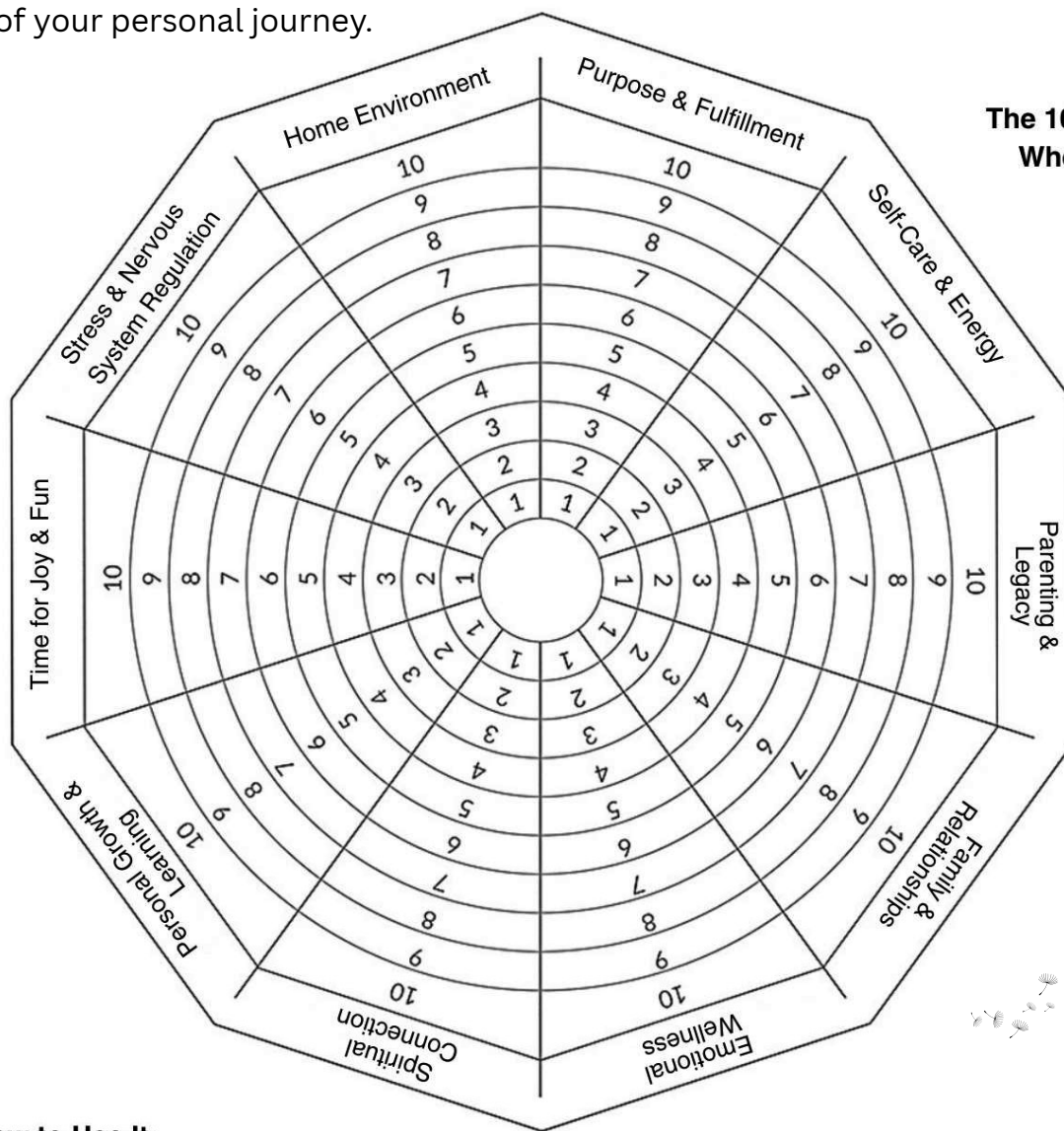


Sarah Lawrence CFCP



WHEEL OF LIFE

Balance isn't about having everything equal, it's about having what matters most to you in harmony. In our time together, we'll be shifting emotional patterns, requiring old defaults, and building habits that feel safe & sustainable. But first, we need a clear picture of where you're starting. The 10 Areas of Your Life Wheel will help you see your life as a whole, spot the gaps where small shifts could make a big difference, celebrate what's already working, and get motivated by a visual you can transform over the course of your personal journey.



The 10 Areas of Your Life Wheel will help you:

- See your life as a whole — not just one or two stress points.
- Spot the gaps where small shifts could make a big difference.
- Celebrate what's already working so you can build from it.



How to Use It:

Look at each life category and think about what success and fulfillment mean to you right now. No "should's," no comparisons. Rate your satisfaction on a scale of 1–10, where 1 = very dissatisfied and 10 = fully satisfied.

Why This Matters:

This is your Day 1 baseline, you can print this as many times as you want to fill it in again and see your proof of growth, or see the next section to focus on, in your journey. It's not about perfection. It's about momentum, alignment, and creating a new emotional default for your life & family.

Notes: _____



The Magic Question



The **Biggest Problem** In Your Life *Right Now...*

(You Don't Have To Tell Me About It.)

When You *Think* About It....

How Does It Make You *Feel*?

If you could put it in the form of an emotion, one to two words,
what would that be?

Codes: Feelings, Emotions, Fears

Would it be okay if you didnt feel that way anymore?

Codes: _____

Would it be okay if you didnt feel that way anymore?

Codes: _____

Would it be okay if you didnt feel that way anymore?

Our Unconscious Minds know everything, so there are no wrong answers.
How you feel is valid and important to you and your understanding in life.

Write down anything, and we can discuss this further in your session.

No need to judge yourself or your answers & feelings.

This is safe and effective sacred work, and it is yours!