

Aspects of Life



The four aspects of life on the Medicine Wheel are: Mental, Physical, Emotional and Spiritual.

East represents the **Mental** aspect, which we use to learn and understand the world around us.

South represents the **Physical** aspect, where we take care of our body through health and fitness.

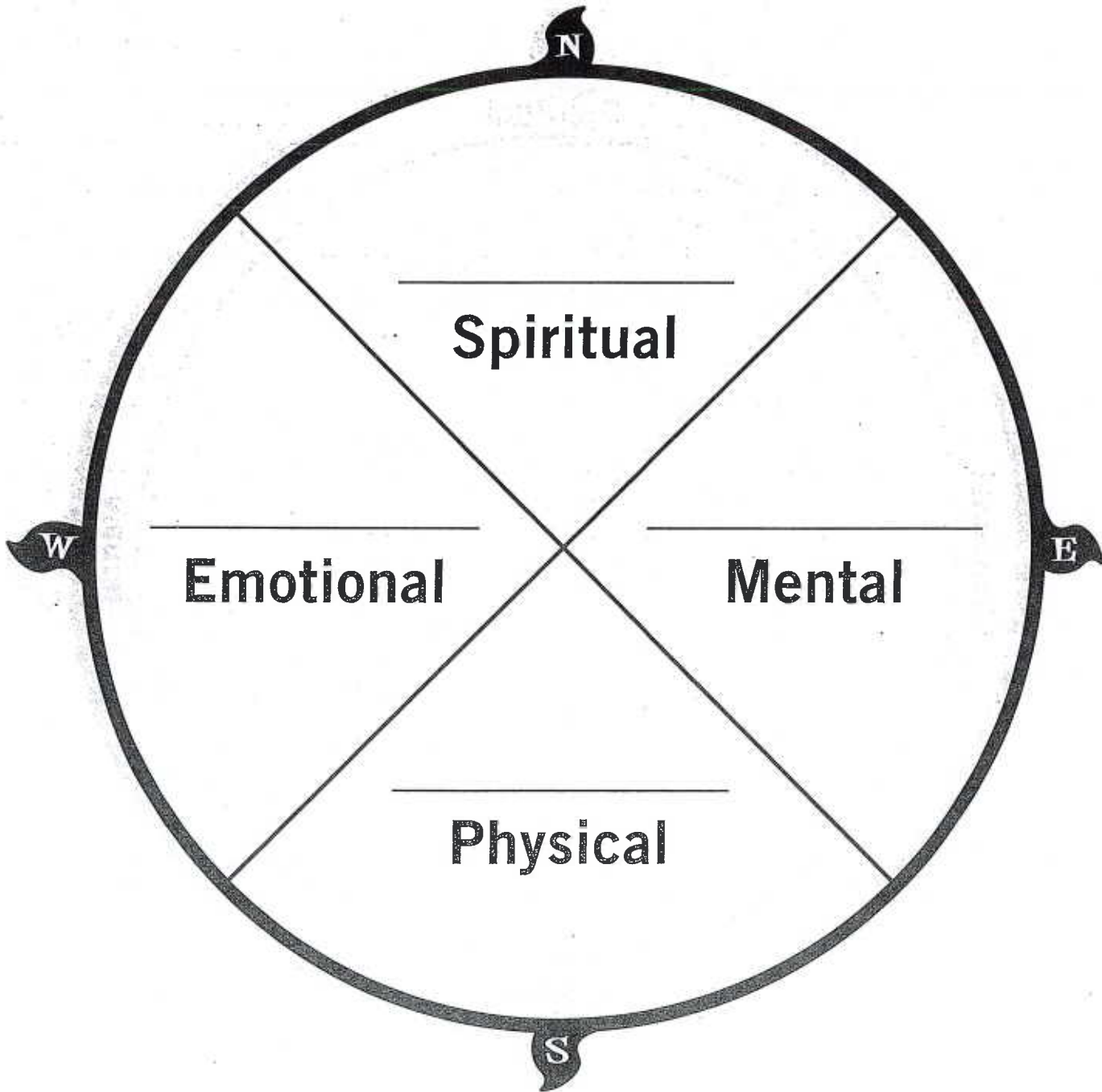
West represents the **Emotional** aspect, which helps us understand and share our emotions.

North represents the **Spiritual** aspect, which keeps us connected to Mother Earth and the Creator.

Name: _____ Date: _____

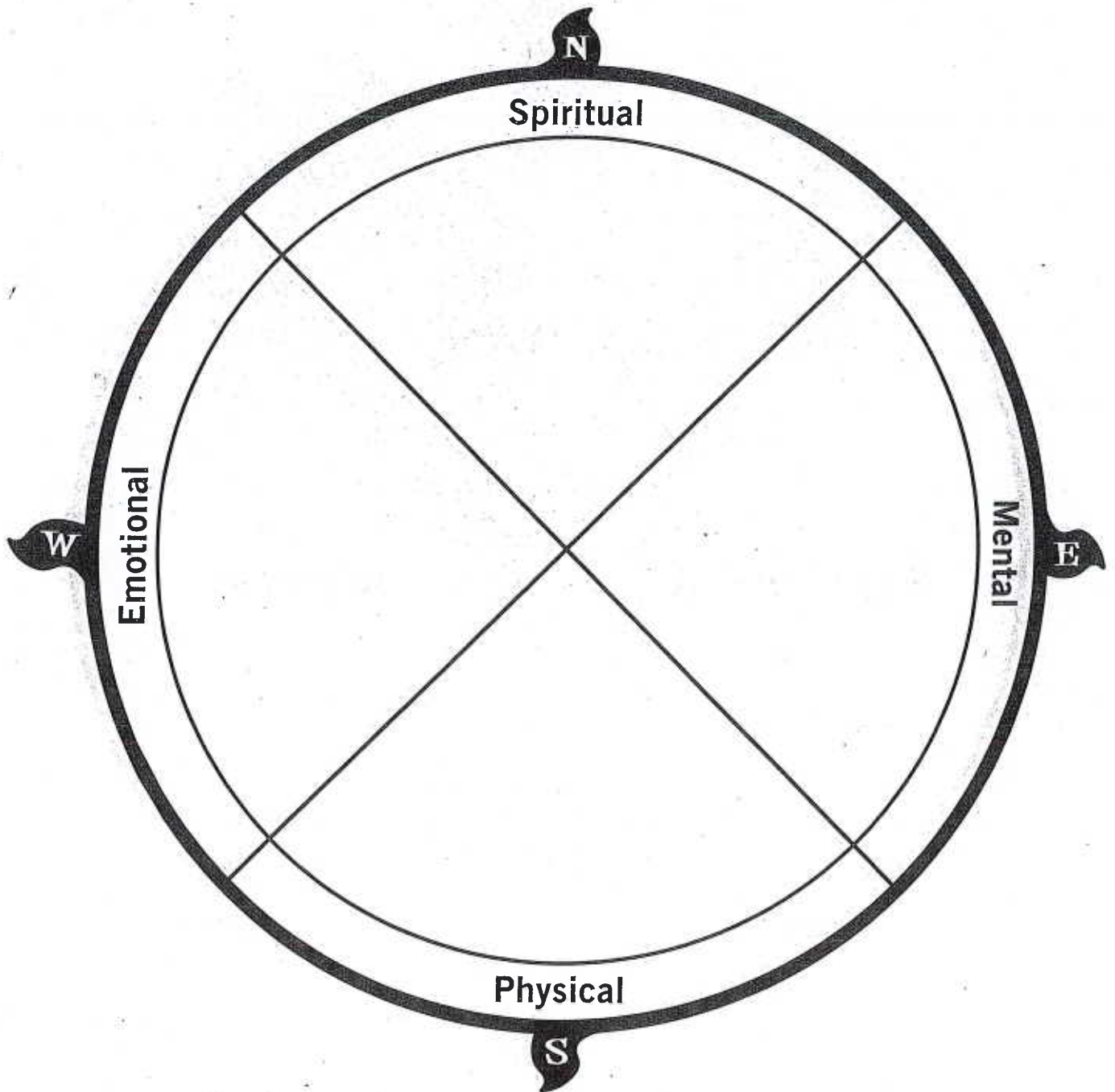
Aspects of Life

List one thing that you do in each aspect of life quadrant.



Me and the Medicine Wheel

Fill in each quadrant with words, phrases, symbols, pictures or drawings that best describe you.



Name: _____ Date: _____

My Personal Medicine Wheel

Write 3 things in each section that show balance in your daily personal Medicine Wheel.

Mental:

i.e. I read books.

1. _____
2. _____
3. _____

Physical:

1. _____
2. _____
3. _____

Emotional:

1. _____
2. _____
3. _____

Spiritual:

1. _____
2. _____
3. _____

