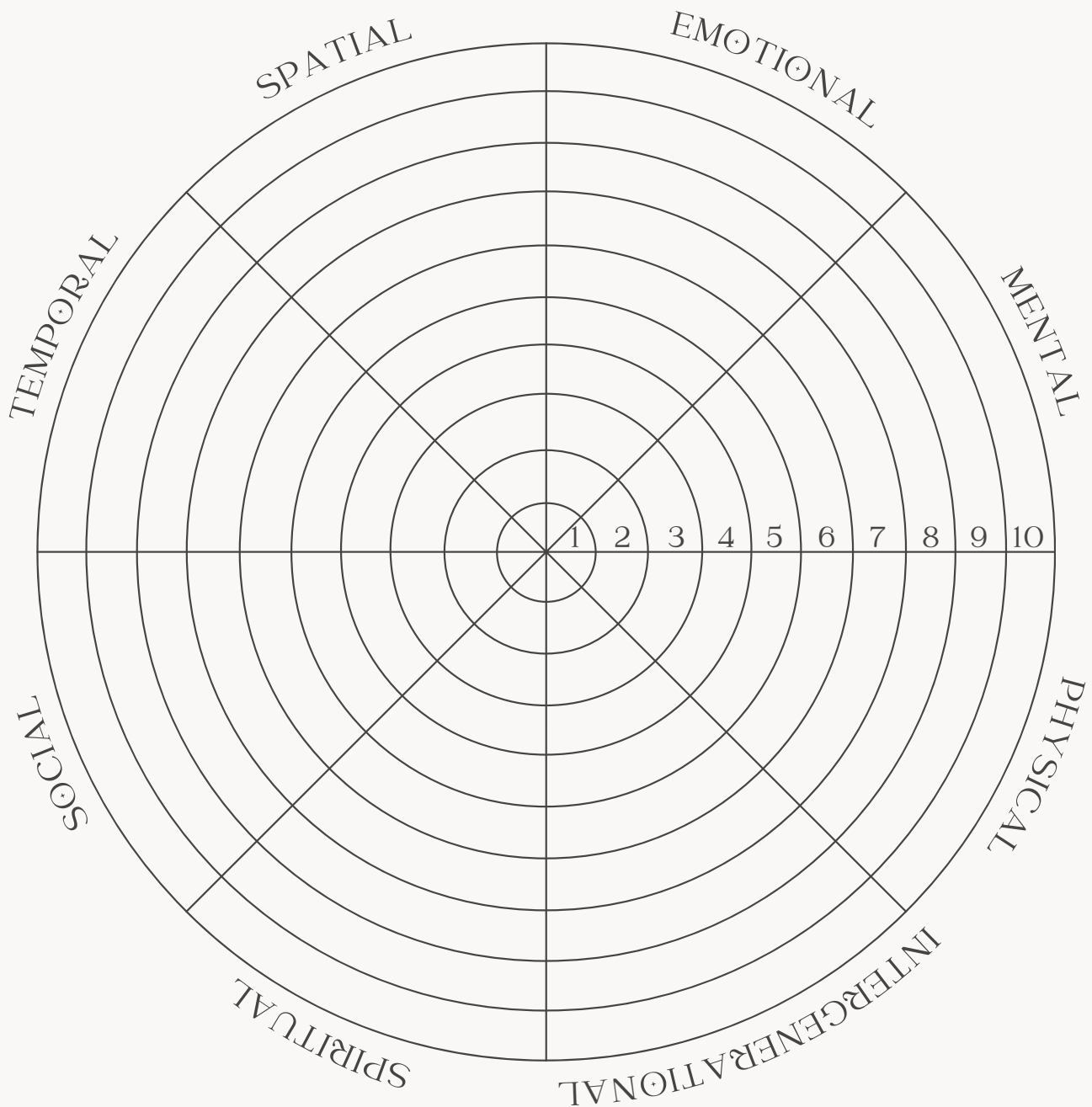


WHEEL OF ROOTEDNESS

THE WHEEL OF ROOTEDNESS IS A TOOL THAT HELPS YOU BETTER UNDERSTAND YOUR SENSE OF ROOTEDNESS AND WHAT AREAS NEED ATTENTION TO LIVE YOUR LIFE MORE ROOTED. THINK ABOUT THE 8 CATEGORIES BELOW, AND RATE THEM FROM 1 - 10 BY COLORING THEM.



EXPLORATORY QUESTIONS

Spatial - rooting in your surroundings

- Consider the building you currently live in. Which rooms or spots do you like? What do you like about them?
- Outside the building you live in, which places or paths do you like? What do you like about them?
- Where is your most personal room or space?
- Where was the last time you enjoyed nature?

Temporal - rooting in the here and now

- What makes you feel present in the here and now?
- When you think about your past, what do you think about?
- Thinking about the future, what do you see? What do you hope for?

Physical - rooting in your body

- Stand up. Feel your toes. Feel your heels. Breathe in. Relax your shoulders. What do you feel? How does your body feel?
- When do you feel your body in your everyday life?
- How do you take care of your body?

Emotional - rooting in your feelings

- Right now what emotion(s) are you feeling?
- What emotions do you often feel in your everyday life?
- What gives you emotions in your everyday life?
- What do you do with these emotions?
- When and with whom can you express your emotions (in a manner that feels right for you)?
- What do you feel when you think about yourself?

Mental - rooting in your choices

- What important decisions will you make in the near future?
- How do you feel about these upcoming decisions?
- Have you brainstormed options? Have you discussed your options with somebody?
- Generally, do you find it difficult to decide?
- Generally, do your decisions reflect who you are?

Social - rooting in your community

- Of the people around you, who do you feel connected to?
- What do you value about them?
- What do they know about you? What do they not know about you?
- Do you feel part of humanity and a global community?

Intergenerational - rooting in your ancestry

- What do you know about your male and female ancestral lines?
- What rituals or practices from your ancestors do you cherish?
- What wisdom did your ancestors possess that you can embrace in your own life?
- What steps can you take to heal ancestral wounds and break generational cycles?
- What are your ancestral teachings on self-care and self-love?

Spiritual - rooting in your faith

- When do you know when you've listened to your intuition?
- How do you live your spirituality every day?
- What gives you faith?
- When do you feel close to God? (You may replace the word 'God' by any other word that feels fitting to you, such as 'unconditional love'.)