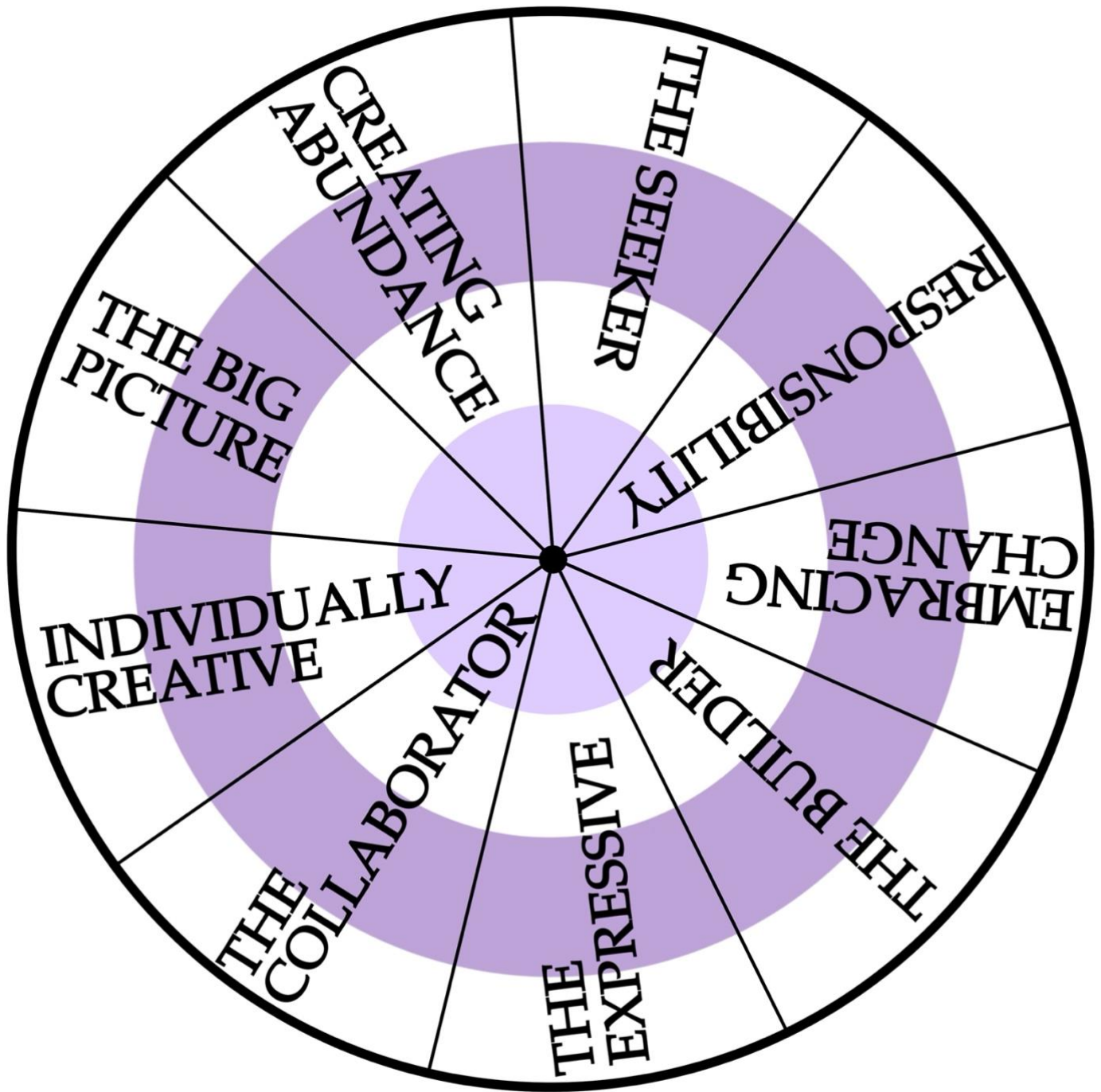




Empowerment Card Wheel

Not everyone finds self-testing techniques easy. I've developed a tool to help you dowse for your answers using a finger.





Empowerment Card Wheel

Instructions

Download and print out The Empowerment Wheel.

- Place the downloaded picture in front of you and sit down in a comfortable position.
- Spend a minute or so to breathe deeply and think how you want a joyful supportive day.
- With your eyes tightly closed place your finger on the wheel and slowly weave uneven circles sometimes near the outside and sometimes near the centre of the wheel.
- After about 9 or when it feels right stop and see where your finger has landed.
- The wheel is divided into nine slices, each slice relates to one of the cards.
- The slices are further divided into 4 sections and colour coded to match the four affirmations on each card.
- The orange at the centre of the circle matches the fourth affirmation on the card working out towards the first affirmation.
- Your finger has landed on one of the slices, find the corresponding card and note which of the four sections it touches to select your affirmation of the day.
- Now you are ready to use your cards.