

# WHEEL OF EMBODIMENT

Complete the Embodiment Wheel for yourself and for others.

DATE: \_\_\_\_\_

The Wheel of Embodiment was inspired by the Wheel of Life, created by Paul Meyer of the Success Motivation Institute. We use it as an assessment tool in the Transformational Embodiment Method as a way to measure, track, and deepen on your journey to embody the fullness of who you are.

