

# A Critical Journey

## Resource & Relationship Wheel

*"A helpful tool to help us go the distance...."*

Ten Inter-Related Areas that require our attention:

### A. Resources

- a. *Our Bodies- Good diet, exercise, & sleep patterns?*
- b. *Our Emotions- How are you processing your transitions, losses, stress and motivation?*
- c. *Our Gifts, Strengths, & Passions- Are you serving from your "Sweet Spot"?*
- d. *Our Money- Is it helping sustain your balance?*
- e. *Our Sabbath- Do you have a space for rest, play and renewal?*

### B. Relationships

- a. *With our spouse- How much do you like your spouse?*
- b. *With our children- How severe are their growth pains for you?*
- c. *With friends- Do you have sufficient amount of two-way relationships?*
- d. *Conflict with others- How are you handling them?*
- e. *With God- How is the conversation?*

Resources & Relationships- Do they drain or sustain you?  
How full or flat is each? Measure each section of the wheel:

