

# Medicine Wheel

## Qualities of North

- Intelligence
- Competence
- Endurance
- Strength

## Nurturing, Generative Adult

“To nurture is to care for the well-being of other humans, earthly habitants, and ourselves. To be generative is to design and implement innovative practices that imaginatively and effectively restore, solve or shelter - that truly serve the whole person in the web of life.”

*Bill Plotkin; Wild Mind*

**Be on the look out  
for opportunities to offer  
nurturing & generative love;  
to yourself, to others,  
and to the planet at large.**



“When we are children and not yet capable of meeting our own needs, caregivers are responsible for figuring out what our needs are and addressing them to the best of their ability. When we are adults, we become totally responsible for identifying our needs and addressing them ourselves or arranging for others to meet them.” *Total Life Coaching*

## Boundaries

- Why do you want to have healthy & vital boundaries?
- What healthy boundaries do you enforce that protect your well being?
- What boundaries would you like to strengthen so you can be healthier?
- What boundaries would you like to soften so you can let in more abundance?
- What are you keeping out that you really want to let in?
- What are you keeping in that you really want to let out?

