

THE STATE OF MY SOUL WHEEL

by Stephen W. Smith and Peter M. Ivey

The State of My Soul Wheel is an intuitive tool designed to help determine the current condition of one's soul. Dallas Willard defines the soul "as the hidden or 'spiritual' side of the person. It includes an individual's thoughts and feelings, along with heart or will, with its intents and choices. It also includes an individual's bodily life and social relations..."¹ The Psalmist spoke to this reality of the soul when he wrote,

"Bless the Lord, O my soul and all that is within me..."

(Psalm 103:1, emphasis ours).

The phrase "all that is within me" describes our entire being, our mind, heart, and body as well as our desires, passions and wounds from the past. In short, our soul encompasses all that we are.

Because of this reality, caring for our soul means caring for our entire being, that which is seen as well as that which is unseen. Willard goes on to use the metaphor of the inner workings of an old grandfather clock to explain that within the soul everything is interconnected. The soul connects every facet of who we are. Thus, the State of My Soul Wheel helps one to determine the well-being of one's soul by exploring each dimension of the soul, which are named on the wheel and in our instructions below.

¹ Dallas Willard in "Personal Soul Care" found in *The Pastors Guide to Effective Ministry*, Beacon Hill Press, 2002. Also available in *The Great Omission*, San Francisco: HarperCollins, 2006.

Directions:

1. Take a moment to pray. Take some time to quiet your heart, inviting the Spirit to guide you in this process of considering the current state of your soul.

2. Now, take some time to orient yourself to the dimensions of the soul within the wheel, with its spiritual, relational, physical, emotional and vocational facets. Notice the specific words that are placed within each segment of the wheel, their tone and mood, and their particular position in relation to the center of the wheel and other surrounding words. Pay attention to what stirs within you as you consider these details, and record your thoughts in a notebook or journal.

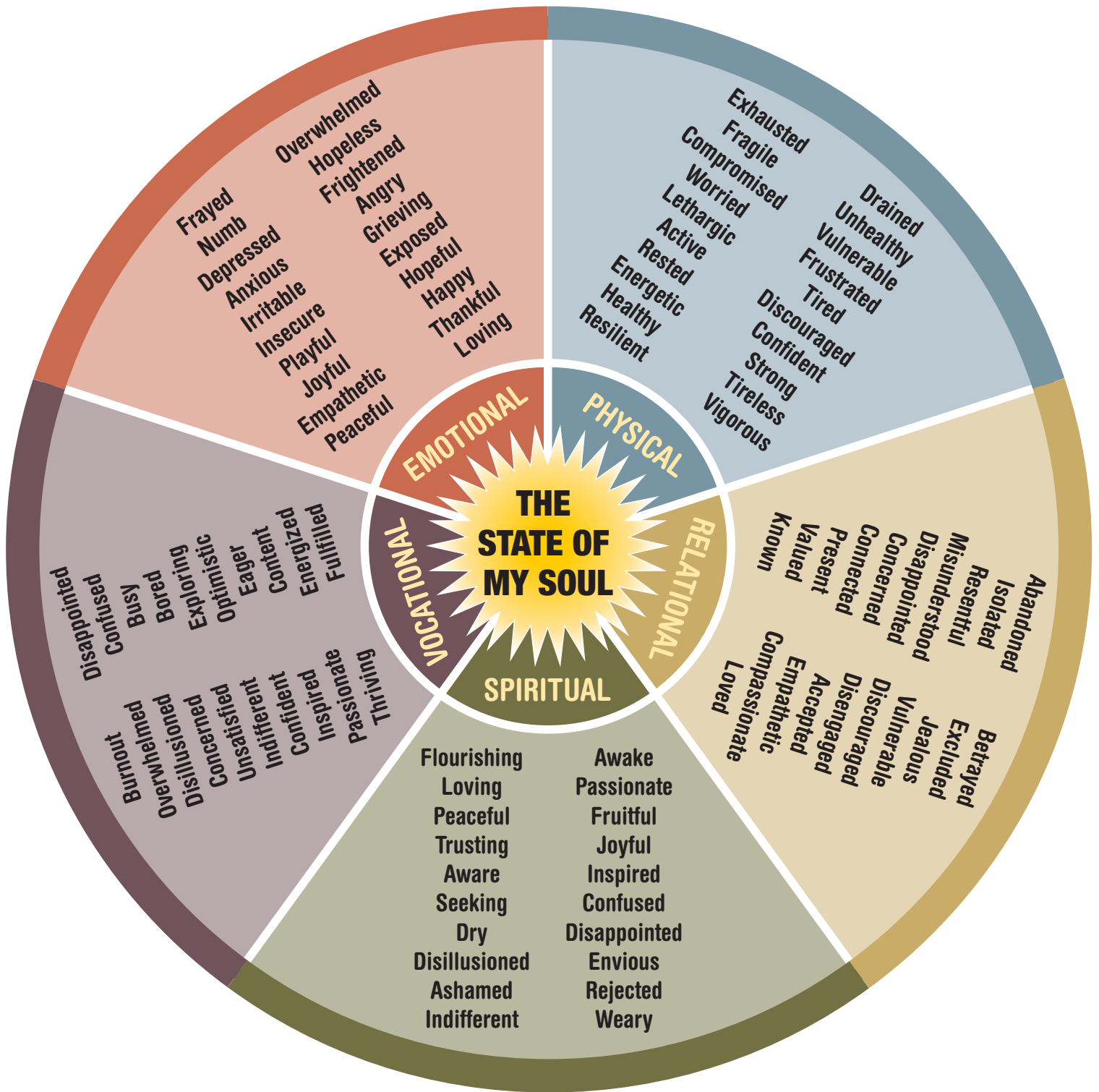
3. Circle 3-5 words within each dimension of the soul as shown on the wheel that best describe your perception of the current state of your soul. (Feel the freedom to add your own words if others that are more fitting for you come to mind.) After you have selected the words that resonate with you, take some additional time to review the wheel and see if you notice any patterns, connections, or insights that may help you to determine the state of your soul. Record these thoughts in your notebook or journal.

4. If you are engaging in this exercise with a group, allow each person 5 minutes to share their own State of My Soul Wheel. As each person shares, LISTEN to what is being shared, how it is being shared and offer feedback. Sharing is not a teaching time but a listening time—a loving time to hold what is being shared in a sacred trust that invites us to talk below the waterline and connect with one another more deeply. It is in this place that we are known and we can know one another.

Sharing the state of your soul is a deep and private exercise. With that in mind, please refrain from judgment, correction or teaching. Listening is the key. As Parker Palmer has written, "The soul is shy." Thus, for us to feel safe, secure and trusting, we need space, time and courage to share our inner world—that sacred space in each of us which holds our Belovedness. Perhaps through both sharing your thoughts with others and the descriptive words themselves, you can find assurance and acceptance as you share the state of your soul.

5. Lastly, we encourage you to consider using this tool on a monthly basis as a way to stay in tune with the state of your soul. As you do so, compare the words that you choose for each dimension of the soul over time. Doing so will allow you to gain a clear picture of the movements of your soul over the course of time and how God might be at work in and around you. We've included a chart for this purpose.

THE STATE OF MY SOUL



© 2020, Stephen W. Smith, Peter M. Ivey

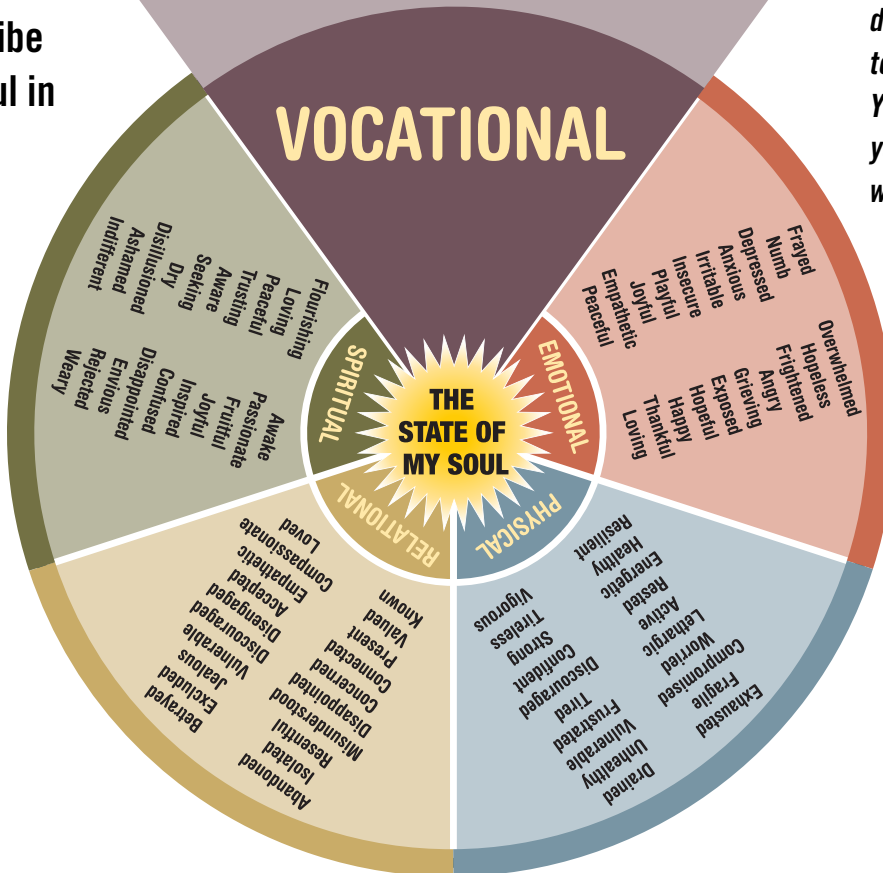
Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*.
Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.

VOCATIONAL

Burnout	Disappointed
Overwhelmed	Confused
Disillusioned	Busy
Concerned	Bored
Unsatisfied	Exploring
Indifferent	Optimistic
Confident	Eager
Inspired	Content
Passionate	Energized
Thriving	Fullfilled

Circle 3-5 words that best describe the State of Soul in this dimension.

How could you envision moving towards a word or descriptor that you WANT to describe the State of Your Soul? What would you need to do? What would you need to undo?



© 2020, Stephen W. Smith, Peter M. Ivey

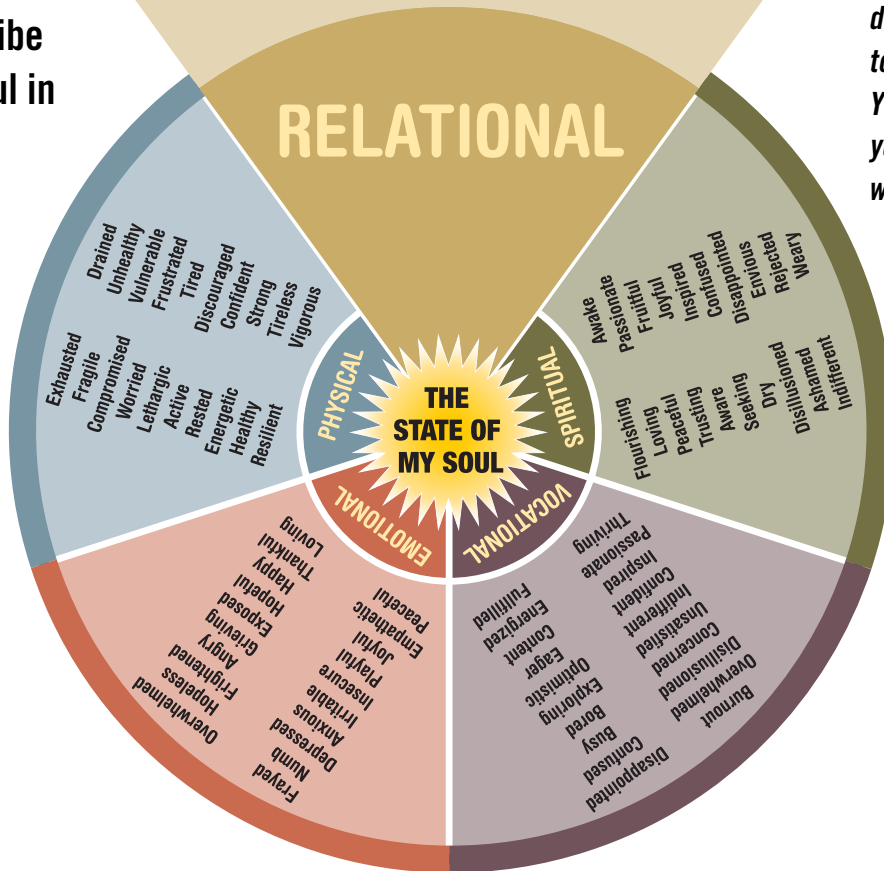
Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*. Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.

RELATIONAL

Abandoned	Betrayed
Isolated	Excluded
Resentful	Jealous
Misunderstood	Vulnerable
Disappointed	Discouraged
Concerned	Disengaged
Connected	Accepted
Present	Empathetic
Valued	Compassionate
Known	Loved

Circle 3-5 words that best describe the State of Soul in this dimension.

How could you envision moving towards a word or descriptor that you WANT to describe the State of Your Soul? What would you need to do? What would you need to undo?



© 2020, Stephen W. Smith, Peter M. Ivey

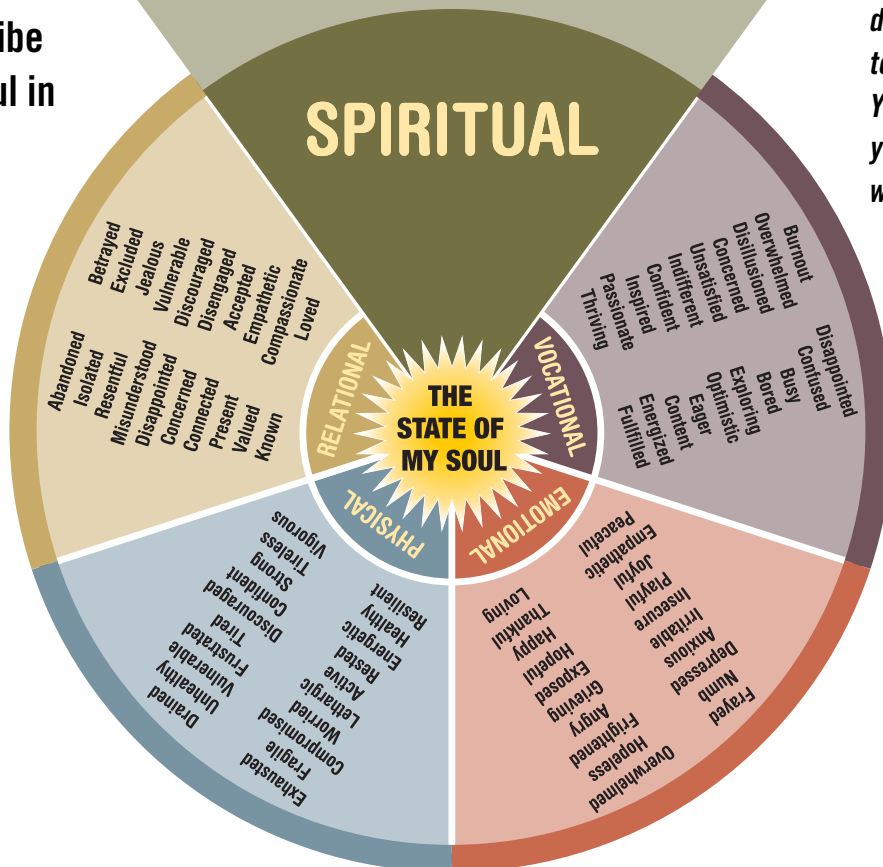
Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*. Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.

SPIRITUAL

Indifferent	Weary
Ashamed	Rejected
Disillusioned	Envious
Dry	Disappointed
Seeking	Confused
Aware	Inspired
Trusting	Joyful
Peaceful	Fruitful
Loving	Passionate
Flourishing	Awake

Circle 3-5 words that best describe the State of Soul in this dimension.

How could you envision moving towards a word or descriptor that you WANT to describe the State of Your Soul? What would you need to do? What would you need to undo?



© 2020, Stephen W. Smith, Peter M. Ivey

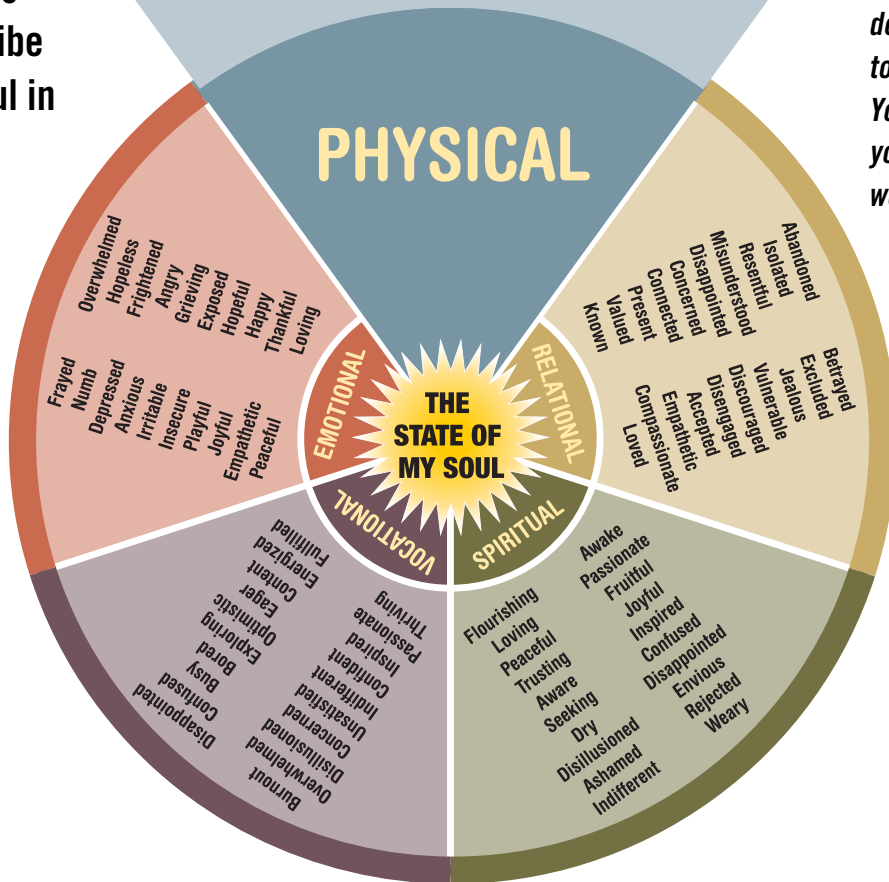
Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*. Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.

PHYSICAL

Exhausted	Drained
Fragile	Unhealthy
Compromised	Vulnerable
Worried	Frustrated
Lethargic	Tired
Active	Discouraged
Rested	Confident
Energetic	Strong
Healthy	Tireless
Resilient	Vigorous

Circle 3-5 words that best describe the State of Soul in this dimension.

How could you envision moving towards a word or descriptor that you WANT to describe the State of Your Soul? What would you need to do? What would you need to undo?



© 2020, Stephen W. Smith, Peter M. Ivey

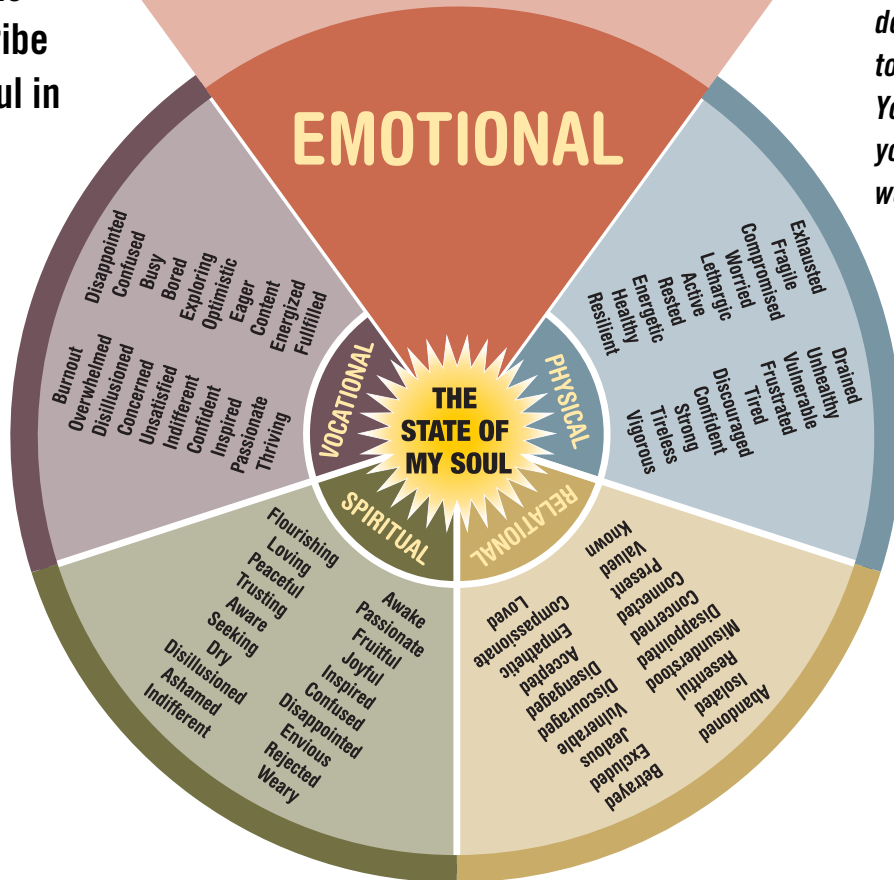
Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*. Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.

EMOTIONAL

Frayed	Overwhelmed
Numb	Hopeless
Depressed	Frightened
Anxious	Angry
Irritable	Grieving
Insecure	Exposed
Playful	Hopeful
Joyful	Happy
Empathetic	Thankful
Peaceful	Loving

Circle 3-5 words that best describe the State of Soul in this dimension.

How could you envision moving towards a word or descriptor that you WANT to describe the State of Your Soul? What would you need to do? What would you need to undo?



© 2020, Stephen W. Smith, Peter M. Ivey

Permission is granted for unlimited use and copies to be made of *The State of My Soul Wheel*. Please refer to www.pottersinn/stateofmysoul.com for more information and to be granted a license.