

THE WHEEL OF FAITH

fait in
practice

Pick Your 8 Habits

Choose 8 spiritual habits that matter most to you—from the list provided or your own ideas.

Label the Wheel

Write one habit in each of the eight segments around the circle.

Rate “Now” and “Ideal”

For every habit, mark two scores (use different colored pens for “now” and “ideal”) on a 1 - 10 scale:

- Now = how consistently you practise it today
- Ideal = the level you would like to be at.

Plot & connect

Mark your scores on the wheel and connect the “Now” dots (one colour) and the “Ideal” dots (another colour) to form two shapes.

Reflect & Take Action

Look at the gaps between “Now” and “Ideal.” Choose 1-2 habits to work on first and write down small steps to grow in those areas.

- Bible reading
- Bible study
- Celebration
- Confession
- Fasting
- Fellowship
- Gratitude
- Journaling
- Meditation
- Prayer
- Scripture memorization
- Service
- Silence
- Simplicity
- Solitude
- Worship

