

# 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

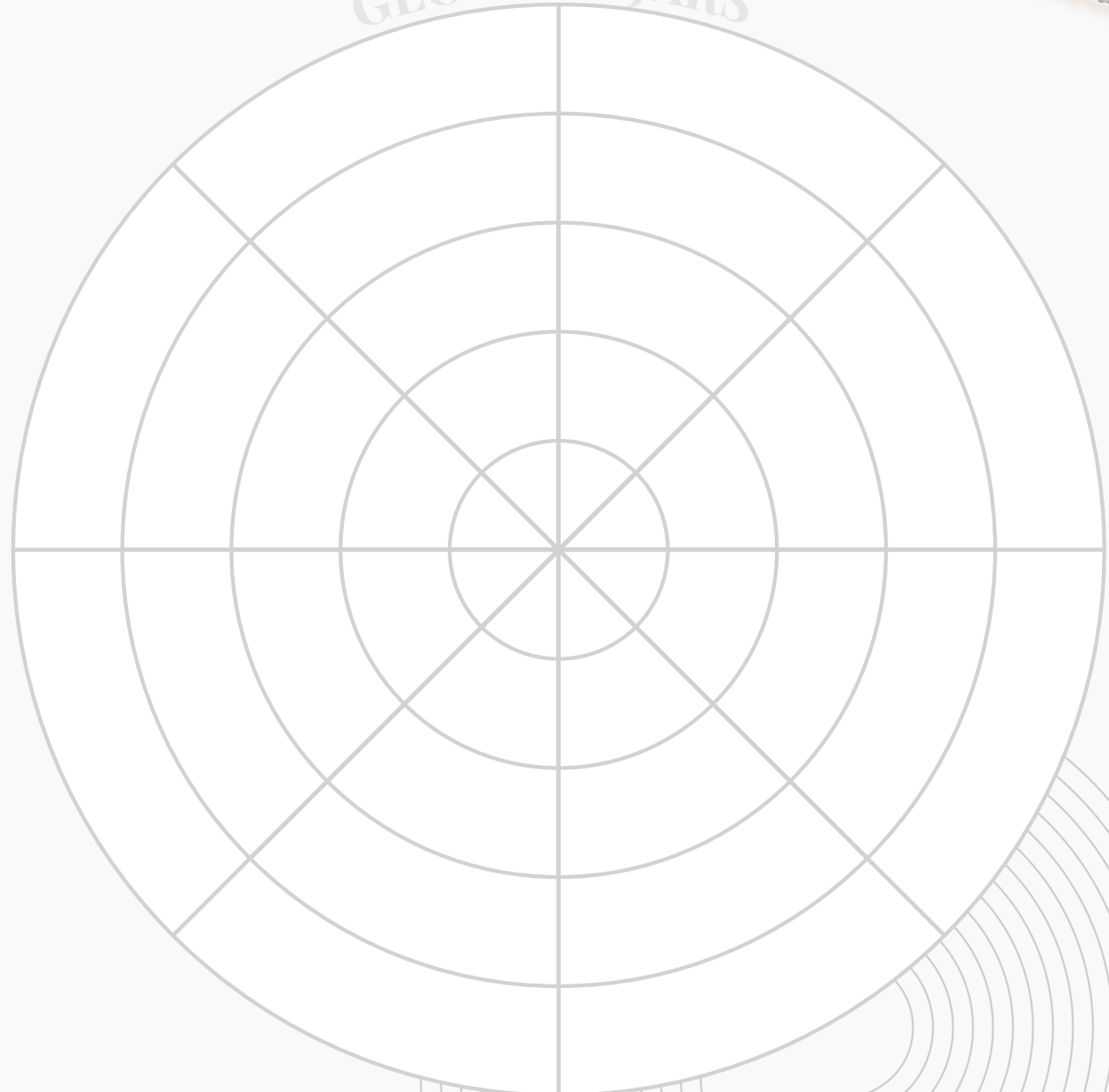
Mark your scores on the wheel and connect the “Now” dots (one colour) and the “Ideal” dots (another colour) to form two shapes.

## 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

GLOWING JARS



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