

Mending the Wheel Inventory

This inventory is based on a similar concept from thirty years ago; the source of the original has been lost. However, you might find enjoyment and interesting insights in completing this one.

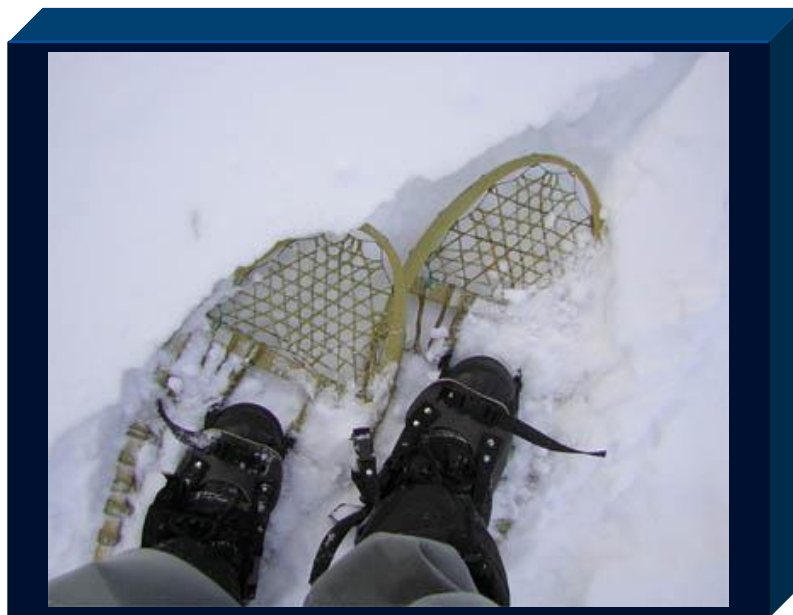
Suggestions for completion:

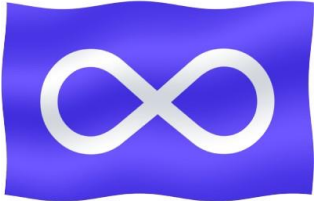
Please review the material and then ensure that you have 30 minutes in quiet for yourself to complete the Inventory. Record your responses to each statement to the right. Select the answer which best indicates how true the statement is for you at the *current time*.


When are finished each segment, calculate your average score and transfer it to the correspondingly numbered box on the Mending the Wheel inventory graphic at the end of this form. Your completed wheel will offer you a visual representation of the balance you have in the many aspects of your life.

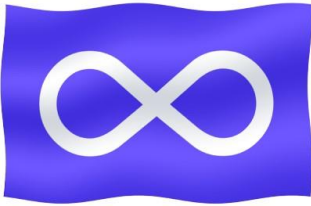
You may find some statements are really two in one. This is to illustrate an important relationship between the two aspects – often an awareness of the issue combined with actions related to the issue. Each statement suggests an attribute for Healing or Balance, some may not agree with them. Some of the statements have clarification in the “notes” at the end of the Inventory.


The Inventory is intended to offer awareness/education. This is not a test. There are no “trick” questions to evaluate your honesty or consistency, complete responsibility lies with you to answer as honestly as possible. The most important thing is not what your score is but what you learn about yourself, your lifestyle. If you feel that a statement does not apply to you, or that you don’t want to answer, you can skip it and it will not bias your score.

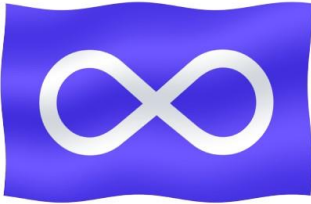



Segment 1 Responsibility and Love	Usually (2)	Maybe (1)	Rarely (0)
1. I believe that how I live my life plays an important part in determining my state of health and I live it in a way consistent with that belief.			
2. I vote regularly.*			
3. I feel financially secure.			
4. I use energy/material conservation at home and at work.*			
5. I guard my home against fire and safety dangers.			
6. I practice dental hygiene daily.			
7. I am a non-smoker.			
8. I drive or operate machinery only when drug free and sober.			
9. I always wear a seat belt in a vehicle.			
10. I understand the distinction between blaming myself for a problem and clearly taking responsibility for that problem.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

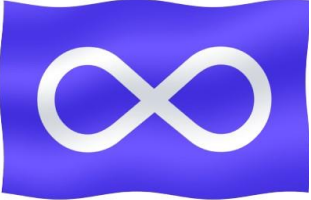
Segment 2 Healing and Breathing	Usually (2)	Maybe (1)	Rarely (0)
1. I pause during the day to become aware of the way I am breathing.			
2. I relax myself or meditate for at least 15 to 20 minutes each day.			
3. I can touch my hands to my toes effortlessly when standing with knees straight.*			
4. In temperatures of 21°C my fingers feel warm when I touch my lips.*			
5. My nails are healthy and I do not bite or pick at them.			
6. I enjoy my employment and do not find it overly stressful.			
7. My personal relationships are satisfying.			
8. I take time out for deep breathing several times a day.			
9. I have plenty of energy.			
10. I am at peace with myself.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			


Segment 3 Healing and Sensing	Usually (2)	Maybe (1)	Rarely (0)
1. My place of employment has mainly natural lighting or full spectrum lighting.*			
2. I avoid extremely noisy places or wear ear protection.*			
3. I take long walks, hikes or other outings to actively explore my surroundings.			
4. I give myself gifts, treats or nurture myself in other ways.			
5. I enjoy receiving and can acknowledge compliments and recognition from others.			
6. It is easy for me to offer sincere compliments and recognition to other people.			
7. It is easy for me to be quiet in spaces/rooms			
8. At times I like to be alone.			
9. I enjoy touching/hugging other people.*			
10. I enjoy being touched/hugged by others.*			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

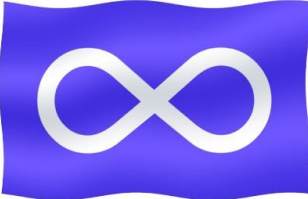
Segment 4 Healing and Eating	Usually (2)	Maybe (1)	Rarely (0)
1. I am aware of the difference between refined and complex carbohydrates and eat a majority of the latter. *			
2. I think my diet is well balanced and nutritious.			
3. I drink less than five alcoholic drinks per week.			
4. I drink fewer than two cups of coffee or regular tea per day.*			
5. I drink less than five soft drinks per week.*			
6. I add little or no salt to my food.*			
7. I read the ingredient labels of all processed food that I buy/inquire about the amount of chemicals used in growing of fresh foods and choose the purest available to me.			
8. I eat at least two raw fruits/vegetables daily.			
9. I have a good appetite and am within 15% of my ideal weight.			
10. I can differentiate between “stomach hunger” and “mouth hunger” and resist stuffing myself when experiencing only “mouth hunger.”*			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			


Segment 5 Healing and Moving	Usually (2)	Maybe (1)	Rarely (0)
1. I climb stairs rather than ride elevators.*			
2. My daily routine includes moderate physical effort.*			
3. My daily routine includes vigorous physical effort.*			
4. I run at least one mile 3x a week (or equivalent aerobic exercise).*			
5. I run at least three miles 3x a week (or equivalent aerobic exercise).			
6. I do some form of stretching/limbering exercise for at least 10- 20 minutes at least <i>three times</i> per week.			
7. I do some form of stretching/limbering exercise for at least 10- 20 minutes at least <i>six times</i> per week.			
8. I enjoy exploring new and effective ways of caring for myself through the movement of my body.			
9. I enjoy stretching, moving and exerting my body.			
10. I am aware of and respond to messages from my body about its movement needs.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

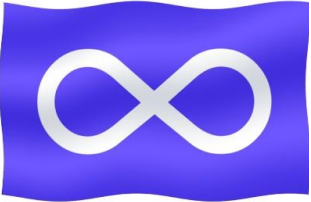
Segment 6 Healing and Feeling	Usually (2)	Maybe (1)	Rarely (0)
1. I am able to feel and express my anger in problem solving ways, rather than stuff anger or bottle it up.*			
2. I allow myself to experience a full range of emotions and find productive methods to convey them.			
3. I am able to say “no” to people without feeling Guilty.			
4. I laugh frequently and easily.			
5. I feel OK about crying and allow myself to do so when appropriate.*			
6. I listen to and consider another’s criticisms of me rather than react defensively.			
7. I have at least five close friends.			
8. I like myself and look forward to the rest of my life.			
9. I easily express concern, warmth and love to those I care about.			
10. I can and do ask for help when needed.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			


Segment 7 Healing and Thinking	Usually (2)	Maybe (1)	Rarely (0)
1. I am in charge of the focus and emotional content of my thoughts; and am satisfied with what I choose to think about.*			
2. I am conscious that I make judgements in which I think I am "right" and others are "wrong".*			
3. It is easy for me to concentrate.			
4. I am conscious of bodily changes (i.e. breathing, muscle tension etc.) in response to certain thoughts.			
5. I notice my sensitivity of the world is affected by my thoughts at the time.*			
6. I am aware that my thoughts are influenced by my situation.			
7. I use my thoughts and attitudes to make my reality more life-affirming.*			
8. Instead of worry about a concern, when I can do nothing about it, I temporarily put it aside and move on with other matters.			
9. I approach life with the attitude that no challenge is too big to deal with, and some mysteries are not meant to be solved.			
10. I utilize my creative skills in many aspects of my life.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Segment 8 Healing and Playing/Working	Usually (2)	Maybe (1)	Rarely (0)
1. I enjoy expressing myself through art, dance, sports Etc. and make time to do so.			
2. I regularly use my creative abilities.			
3. I enjoy engaging in unplanned/unstructured activities and make the effort to do so.			
4. I can make much of my work into play.			
5. At times I allow myself to do nothing, but not all the time. *			
6. At times I can sleep late without feeling guilty.			
7. The work I do is rewarding to me.			
8. I am proud of my accomplishments,			
9. I am playful and people in my life support my playfulness.			
10. I have at least one interest (hobby, sport etc.) that I enjoy regularly but do not feel obliged to do.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Segment 9 Healing and Communicating	Usually (2)	Maybe (1)	Rarely (0)
1. When conversing, I can introduce a difficult topic and stay with it until I have a satisfactory response from the other person.			
2. I enjoy silence.			
3. I am truthful and caring in my communications with others.			
4. I assert myself (in a non-aggressive way) in an attempt to be heard, rather than stay passively resentful of others with whom I do not agree.*			
5. I readily acknowledge my errors, apologizing for them if appropriate.			
6. I am aware of my negative assessments of others and accept them as only assessments – not necessarily truth.*			
7. I am a good listener.			
8. I am able to listen to people without interrupting them or finishing their sentences for them.			
9. I can let go of my mental “labels” (i.e.: this is wrong, that is good) and judgemental attitudes about events in my life			
10. I can respectfully speak what is on my mind. *			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Segment10 Healing and Sex	Usually (2)	Maybe (1)	Rarely (0)
1. I feel comfortable touching and exploring my own body.			
2. I think it's ok to masturbate if one chooses to do so.			
3. My sexual education is adequate.			
4. I feel good about the degree of closeness I have with men.			
5. I feel good about the degree of closeness I have with women.			
6. I am content with my level of sexual activity.*			
7. I fully experience the many stages of lovemaking rather than focus only on orgasm.*			
8. I know the difference between love and biological sexual desire.			
9. I am aware of the difference between <i>needing</i> someone and <i>loving</i> someone.			
10. I am able to love others without dominating or being dominated by them.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Segment11 Healing and Meaning	Usually (2)	Maybe (1)	Rarely (0)
1. I believe my life has direction and meaning.			
2. My life is exciting and challenging.			
3. I have goals in my life.			
4. I am achieving my goals.			
5. I look forward to the future as a prospect for increased growth			
6. I am able to talk about the death of someone close to me.			
7. I am able to talk about my own death with family and friends.			
8. I am prepared for my death.			
9. I live to experience all that life brings both good and bad.			
10. My daily life is a source of joy to me.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Segment12 Healing and Transcending	Usually (2)	Maybe (1)	Rarely (0)
1. I see difficulties as vehicles for progress.			
2. I have coincidental occurrences in my life.*			
3. I believe there are occurrences in reality which are beyond any verbal description or human perception.			
4. Occasionally I experience confusion and contradiction in my quest for understanding these occurrences.			
5. The idea of something higher than humans (God, Creator, Higher Power, etc.) has a personal definition and meaning to me.			
6. I experience a sense of awe when I consider the universe.			
7. I have profuse expectancy rather than specific expectations.			
8. I permit others their own beliefs without pushing them to accept mine.			
9. I utilize the messages interpreted from my dreams.			
10. I enjoy the practice of Spiritual restraint or (allow time to appreciate the power of a greater force) in guiding my travel through life.			
Total points for this Segment			
Divided by number of statements answered			
Average Score for this segment			

Notes

Segment 1:

2. Voting, whether in Métis Nation elections or civic, provincial or federal governments, is an easy assessment of your willingness to take an active part in a social system that ultimately affects your level of health.
4. Recycling items such as plastic, glass etc. and purchasing reusable product/ or product that has minimum packaging allows you to reduce “carbon footprint” or minimizes the drain on resources and the toxic burden placed on the environment due to waste/garbage disposal.

Segment 2:

3. Limited flexibility of the spinal column is often a symptom of chronic muscle tension as well as suggestive of poor level of physical activity.
4. If hand temperature is below 30°C in a warm room, it indicates a disruption /cutting off of circulation to the hands due to stress. A person may learn stress management skills to warm hands through biofeedback and thereby relax more effectively.

Segment 3:

1. Full-spectrum light i.e. sunlight, contains many different wavelengths that promote health. Many eyeglasses, window glass in homes/vehicles, block the “near” ultra violet light required by your body.
2. Loud noises that leave your ears “ringing” result in irreversible and collective nerve damage over time. Ear protection needs to be worn around heavy equipment, concerts etc.

9 & 10. “Touch” involves non-sexual touching (hand holding, hugging, etc.).

Segment 4:

1. Refined carbohydrates such as white flour, white rice, sugar etc are rapidly consumed by the body and contain no vitamins or minerals. Complex carbohydrates on the other hand are burned evenly and offer the majority of dietary nutrients.
4. Coffee and black tea contains stimulants (caffeine) which when over-consumed hurt the adrenal glands.
5. In addition to the caffeine, the empty calories from the sugar can cause a “crash” shortly after consumption.
6. High salt content is linked to high blood pressure, as well as elimination of needed minerals
10. Stomach Hunger is an indication your body requires food. Mouth hunger is a symptom that you require something else be it attention/ acknowledgement which you are not receiving. Food is then used as a substitute.

Segment 5:

1. Sometimes tall buildings require elevator rides; try getting off 4 or 5 floors below your destination and walking up.
2. Moderate is equivalent to gardening, washing floors, brisk walking etc.
3. Vigorous is equivalent to heavy construction work, lifting heavy weights etc.
4. Running (similar aerobic exercise) that keeps your hear rate at about 60% of max. (120 – 150 beats per min) for 10 – 20 min. Brisk walking every day for 20 minutes results in similar effects
- 6 Stretching is important to maintain necessary flexibility of muscles, joints and ligaments

Segment 6:

1. Learning responsibility for your emotions and using them to solve problems can prevent disease, improve communication and increase self awareness. Suppressing emotions or using them to manipulate others (even if

- unconsciously) is destructive to everyone.
5. Crying over a loss relieves the body of pent-up feelings. In the current social culture (in America/Canada) males frequently have a difficult time permitting themselves to cry, while females often learn to cry when angry, using tears as a method of manipulation.

Segment 7:

1. Being unaware of the content of thoughts, allows them to control you. Seeing thoughts objectively creates self-awareness and strengthens ability to lead.
2. Rather than attempting to eliminate judging, see judgments as efforts by the ego to avoid moving on with life and hiding behind a “right/wrong” or blame game.
 4. Aboriginal knowledge (and even contemporary knowledge) knows that there is a link between thinking, feeling and behaviour (or mind, nervous system and body) The greater the awareness of that connection the better the responsibility for one’s health.
5. Awareness of inner distortions of perceptions permits a person to step back and re-assess an event/situation more clearly and objectively.
7. Honesty, combined with care and concern, eliminates many negative thoughts which can cloud your mind/mental processes and allow your reality to be more enjoyable. “Positive thinking” without honesty and truthfulness can backfire by suppressing valid concerns that need to be addressed.

Segment 8:

5. Engaging in “nothing” can permit access to creative, non-verbal aspects of being, so seen from another point of view, doing “nothing” becomes doing a great deal more.

Segment 9:

4. Attacking others seldom accomplishes your goals in the long run. Maintaining convictions without utilizing force is more effective and generally resolves the problem without adding new ones.
6. It is important to recognize that internal judgments of others are based on personal biases which frequently have minimal if any real basis.
10. Mind games or psychological games are intricate unconscious manipulations which result in the participants receiving negative attention and feeling bad about themselves.

Segment 10:

6. This includes the choice to have no sexual activity.
7. A common difficulty for many people is an over emphasis on performance and orgasm, instead of enjoyment of close sensual feelings with one’s partner, regardless of having an orgasm.

Segment 12:

2. Traditional Aboriginal viewpoint held “All my relations” as an absolute. It indicated that everything in the universe is connected to everything else. In contemporary/modern physics it implies that humans need to expand their view to understand that connection is real.

The Mending the Wheel Inventory

Transfer your average score from each segment to the corresponding box around the wheel. Then map your score by drawing a curved line between the “spokes” that identify each segment. Use the scale offered (centre point of 0 and the outer circumference being 2) each point is equal to .5. Finally, color in the appropriate wedge to the level of your score.

Conclusion:

Look at the shape of your wheel. Would it roll smoothly? What does it tell you? What are its surprises for you? What don't you like and what do you like about your wheel? It is recommended that you look at the low scores and determine one or even two small areas to work on. In those areas that are a low priority for you, ignore for the present. Enjoy the changes you can make.

