



HER Blooming SEASON

Wheel of Becoming



The **Wheel of Becoming** is more than just a chart, it's a reflection tool to help you see your growth throughout this journey. Sometimes we're so busy moving forward, raising our expectations, and chasing the "next step," that we forget to pause and notice how far we've already come. This wheel gives you a way to see your progress in real time not just in your mind, but in front of you.

Each section represents a pillar of self-care: self-love, resilience, growth, confidence, inner peace, self-worth, gratitude, healing, empowerment, mindfulness, abundance and balance. These are the areas that, together, shape your journey of becoming the best version of yourself.



How It Works

- 1. Before each chapter:** Pause and reflect. On the section that matches the chapter, rate where you feel you are right now on a scale of 1 to 10 (1 = "I'm just beginning here" and 10 = "I feel strong and confident in this area"). Circle in that number on the wheel.
 - 2. Complete the chapter:** Dive into the prompts, stories, and affirmations. As you go, allow yourself to grow, learn, and reflect without judgment.
 - 3. After the chapter:** Return to your Wheel of Becoming and rate yourself again. Notice what shifted. Maybe it's just one step forward, or maybe it's a big leap. Every step matters!
- 



Why It's Called the Wheel of Becoming



This chart isn't about perfection; it's about becoming. Just like a flower's journey from sprout to blossom, your journey is a process of unfolding. The wheel represents movement, progress, and the reminder that you are always growing, even when you don't feel it day to day.

Over time, as you keep filling in your ratings, you'll notice that you're progressing, blooming. It's proof that you are evolving and that the small steps you take are adding up to something beautiful.

Remember: This wheel is for you. It's not about comparing yourself to anyone else, but about honoring your own growth and giving yourself the credit you deserve.



HER
Blooming
SEASON

Wheel of Becoming



© 2025 Zara Jones. Do not duplicate. All rights reserved.

www.BlossomWithZara.com