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"Limitation has success Unlimited possibilities are not suited to man; if they existed, his life would only dissolve in the boundless. To become strong a man's life needs the limitations ordained by duty and voluntarily accepted." — Anodea Judith, Wheels of Life: A User's Guide to the Chakra System

Wheels of Life Quotes by Anodea Judith - Goodreads

(a graphical example of a life coaching wheel or wheel of life is shown above). It's a simple tool used by all life coaches. It's simple but very powerful because it forces you to examine the different areas of your life and will highlight clearly where the

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problems lie.

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