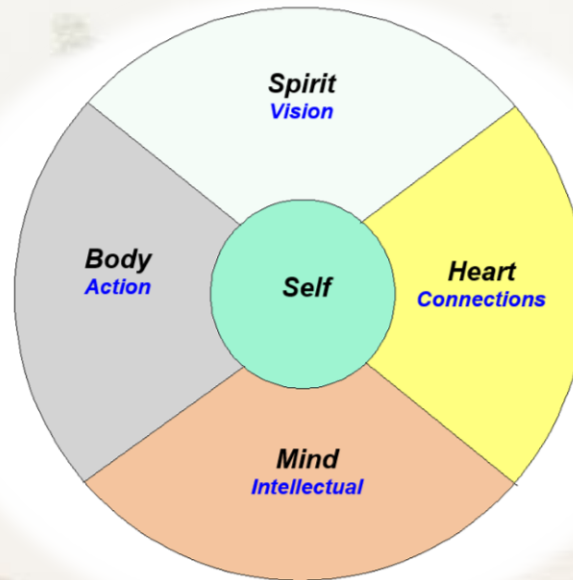


Using the Medicine Wheel

For Climate Action Inquiry, Planning, and Evaluation

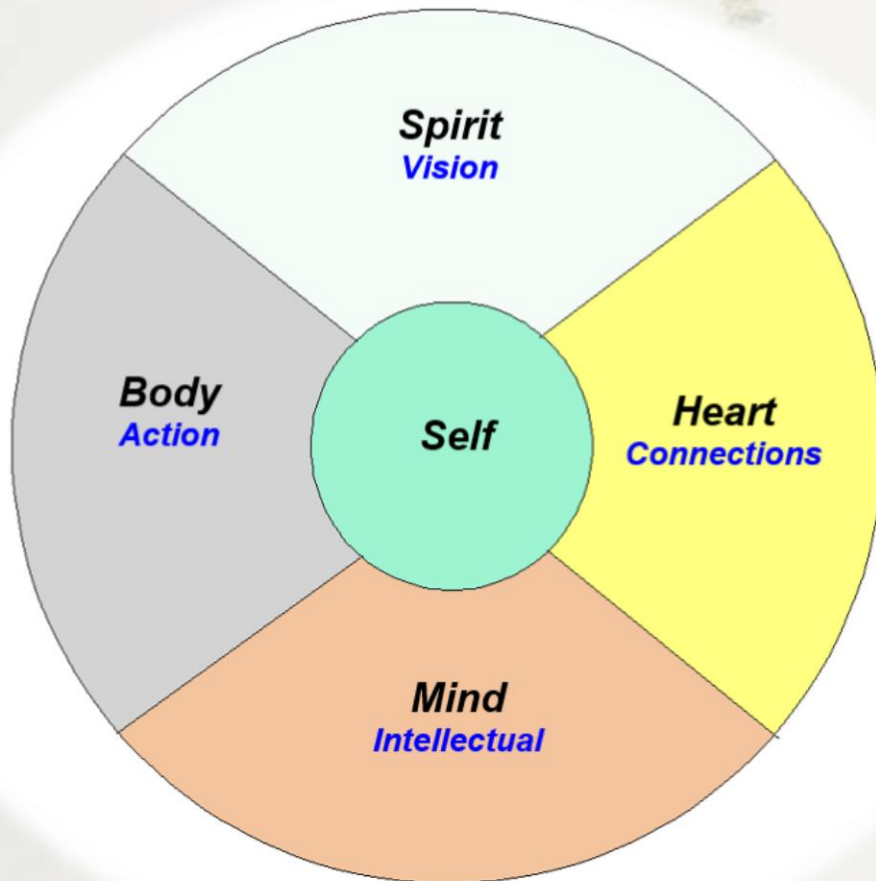


*Developed by Annie Jones, PhD, University of Wisconsin Extension
Professor, Tribal Nations Liaison and Organization Development Specialist*

Adapted with permission by Cat Techtman-UW Madison-Division of Extension

**Focus on this question as you move through each section of the
Medicine Wheel:**

How Can I Take Action on Climate Change?



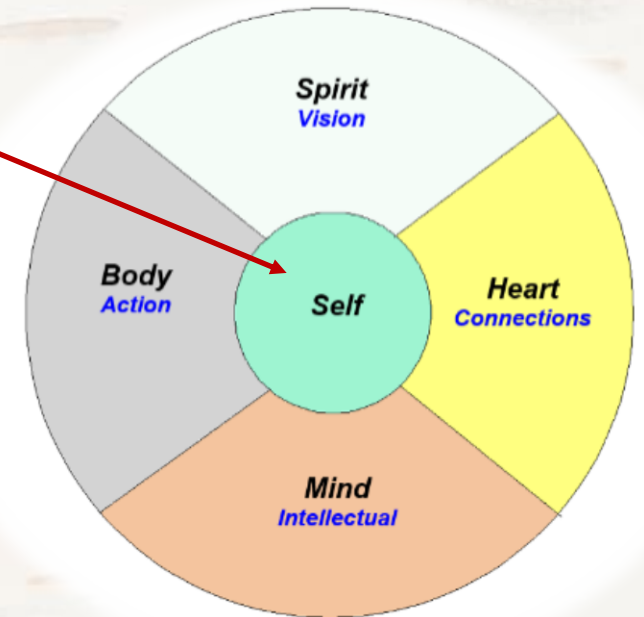
**Copy this Medicine Wheel and use it
as a “template” for developing your
action plan**

Start with SELF

Reflect on your beliefs, wishes, values, and assumptions

Write your thoughts in this Medicine Wheel Section

- What gifts do I bring into the start of this journey?
- What is important to me about climate change, why do I care?
- What is my intention?

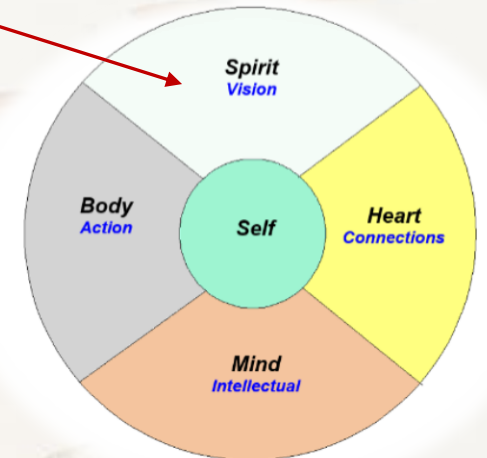


Spirit Vision

Reflect on what inspires you to take action on climate change

Write your thoughts in this Medicine Wheel Section

- What is my higher purpose in doing this?
- Why is the world calling my name for this purpose?
- What is my vision for what I can do, or we can do together?
- How does doing this strengthen my spirit, the spirit of others?
- What's the deeper purpose that is really worthy of my best effort?
- What's possible?

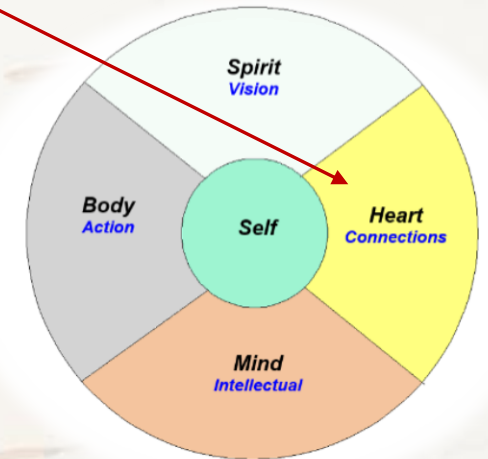


Heart Connections

Reflect on your feelings about taking action on climate change

Write your thoughts in this Medicine Wheel Section

- What can I hope to do?
- What beliefs and/or values are motivating me?
- Who or what can help me?
- What relationships should I build?
- Who or what are barriers or concerns?
- How might my personal values be reflected, or challenged?
- How do I feel about this?



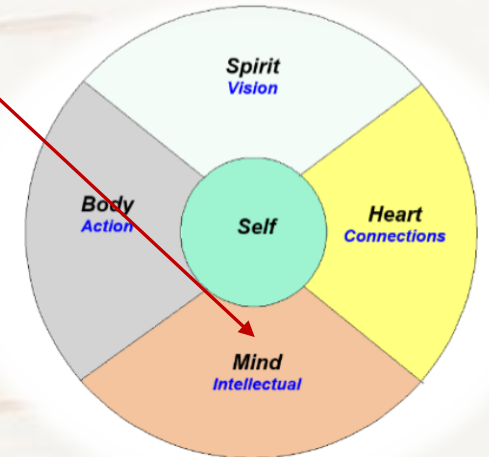
Mind

Intellectual

Reflect by analyzing
what it means to take action on climate change

Write your thoughts in this Medicine Wheel Section

- What is my rationale for doing this?
- What are my goals and priorities?
- What do I need to learn to do this, and from whom?
- What assumptions do I need to test or challenge here?
- What's the next level of thinking I need in order to achieve this?

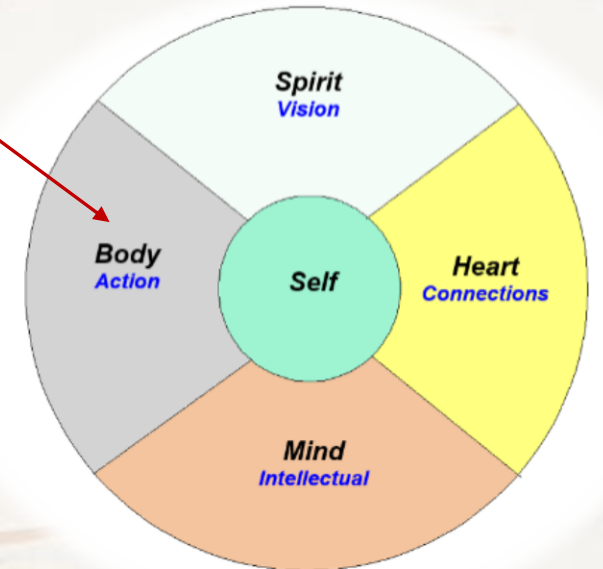


Body Action

Reflect on taking action on climate change

Write your thoughts in this Medicine Wheel Section

- What must I do in order to be successful?
- What needs my immediate attention in order to move this forward?
- When should I implement these actions-what is the best sequence?
- Where should I take action?
- How will I evaluate success?

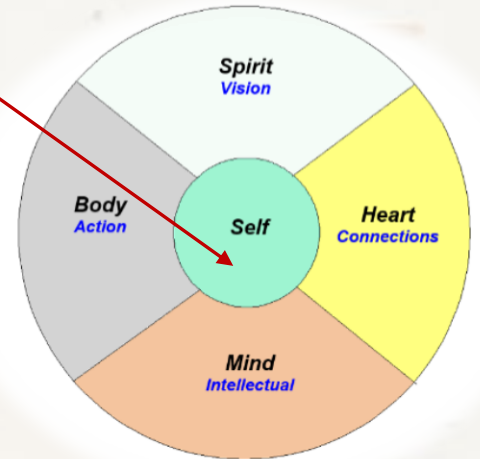


RETURN to SELF

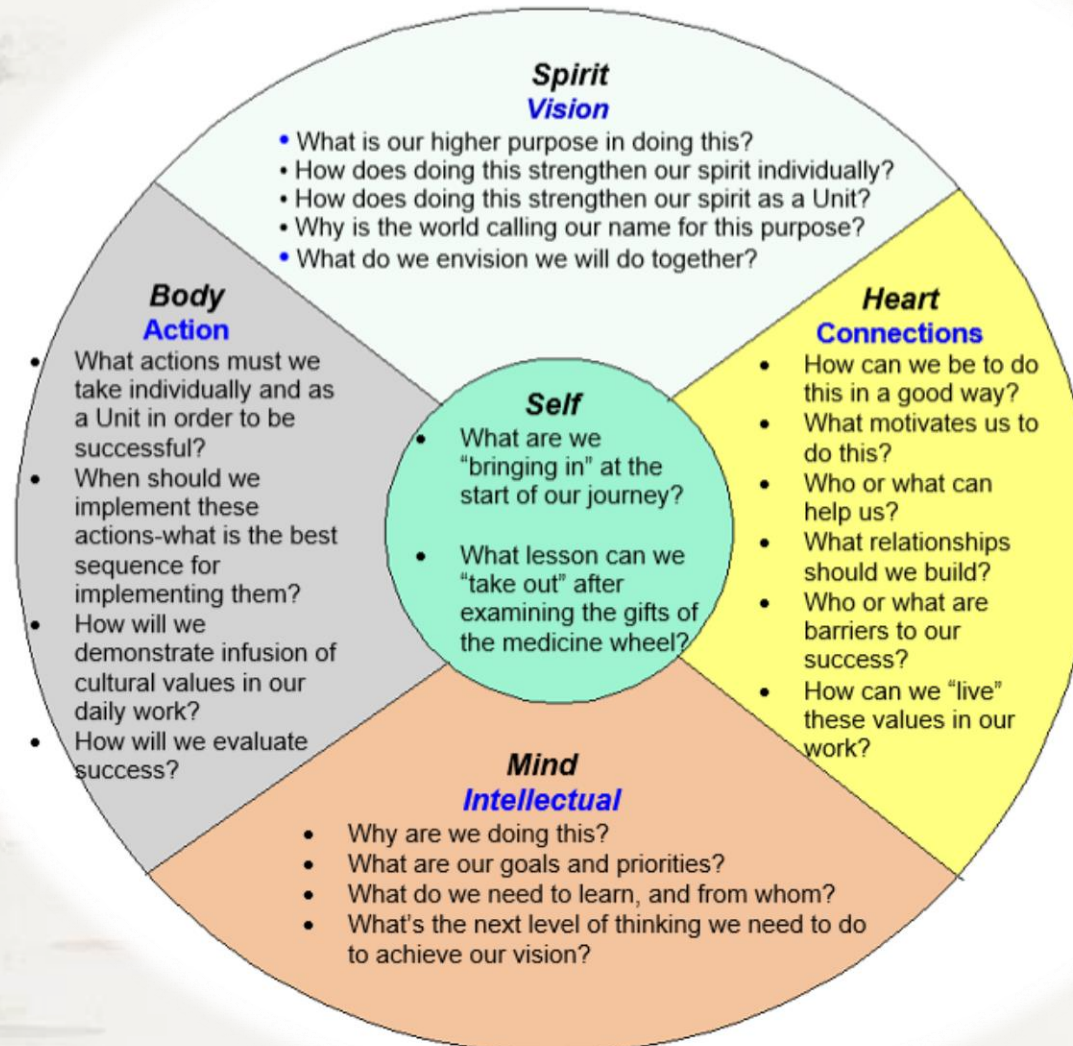
Reflect on this experience and the intent of our dialogue

Write your thoughts in this Medicine Wheel Section

- What is one idea or feeling that you will take away from this experience?
- What do you hope to carry with you, maintain, or communicate when you return home?
- What lessons can you “take out” after examining the gifts of the medicine wheel?



Medicine Wheel Tool template showing reflective questions for each section





Reflect on your responses to the Medicine Wheel questions

What action are your reflections leading you to take?

**You can also use this tool to reflect on the results of the action
you have taken**