

The Medicine Wheel

THE FOUR DIRECTIONS/STYLES ARE:

NORTH – BUFFALO – WHITE – WINTER: These are people who like to take control of a task and quickly work through it toward a goal. Full of courage and endurance, they take risks and are good motivators of others. (*North people may become autocratic and unaware of others' feelings, pushing them beyond their limits.*)

EAST – EAGLE – YELLOW – SPRING: These are people of creativity and innovation, visionaries with new ideas. They are expansive thinkers, easily able to see the big picture. (*East people may lose track of the practical steps toward a vision, ignoring the details of follow through.*)

SOUTH – DEER – GREEN – SUMMER: These are people known to be collaborative and supportive. They are trusting, careful of others' feelings and concerned with creating positive work environments. (*South people may mire themselves in interpersonal relationships, losing track of the task at hand while they busy themselves "saving" others.*)

WEST – BEAR – BROWN – AUTUMN: These are people who are analytic, methodical and introspective. They are careful and pragmatic, basing their decisions on data and logic. (*West people may fall prey to "analysis paralysis," and be unable to make decisions. They may be stubborn and unwilling to accept new ideas.*)

While we are born into a direction on the Medicine Wheel and will feel most comfortable living in that style, we may travel around the Wheel during our lifetime, learning to use elements/skills of the other directions as we grow or as situations demand.

Understanding Individual Differences
and Group Strengths

Medicine Wheel

