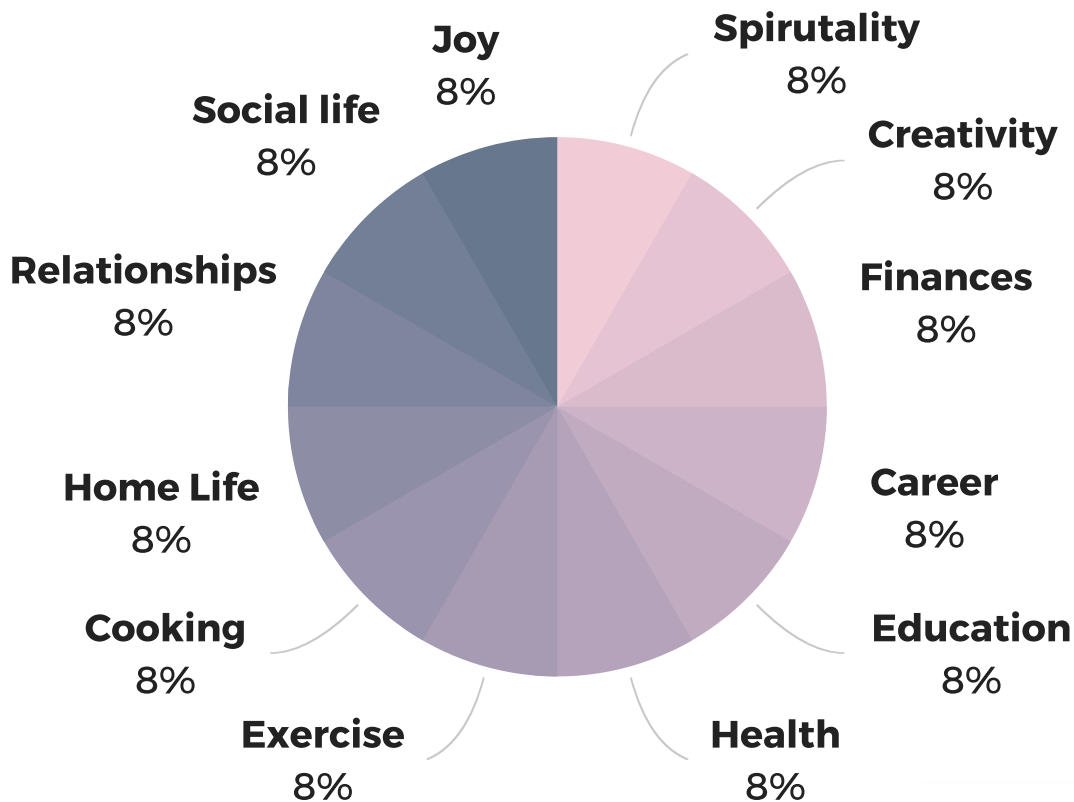


# CIRCLE OF LIFE

## PRIMARY FOOD

Discover what aspect of your life may be in need of some extra love and affection.



Example



### What does your life look like?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between. (see example)
2. Connect the dots to see your Circle of Life. (Don't concern yourself with the percentages)
3. Identify imbalances. Determine where to spend more time and energy to create balance.

