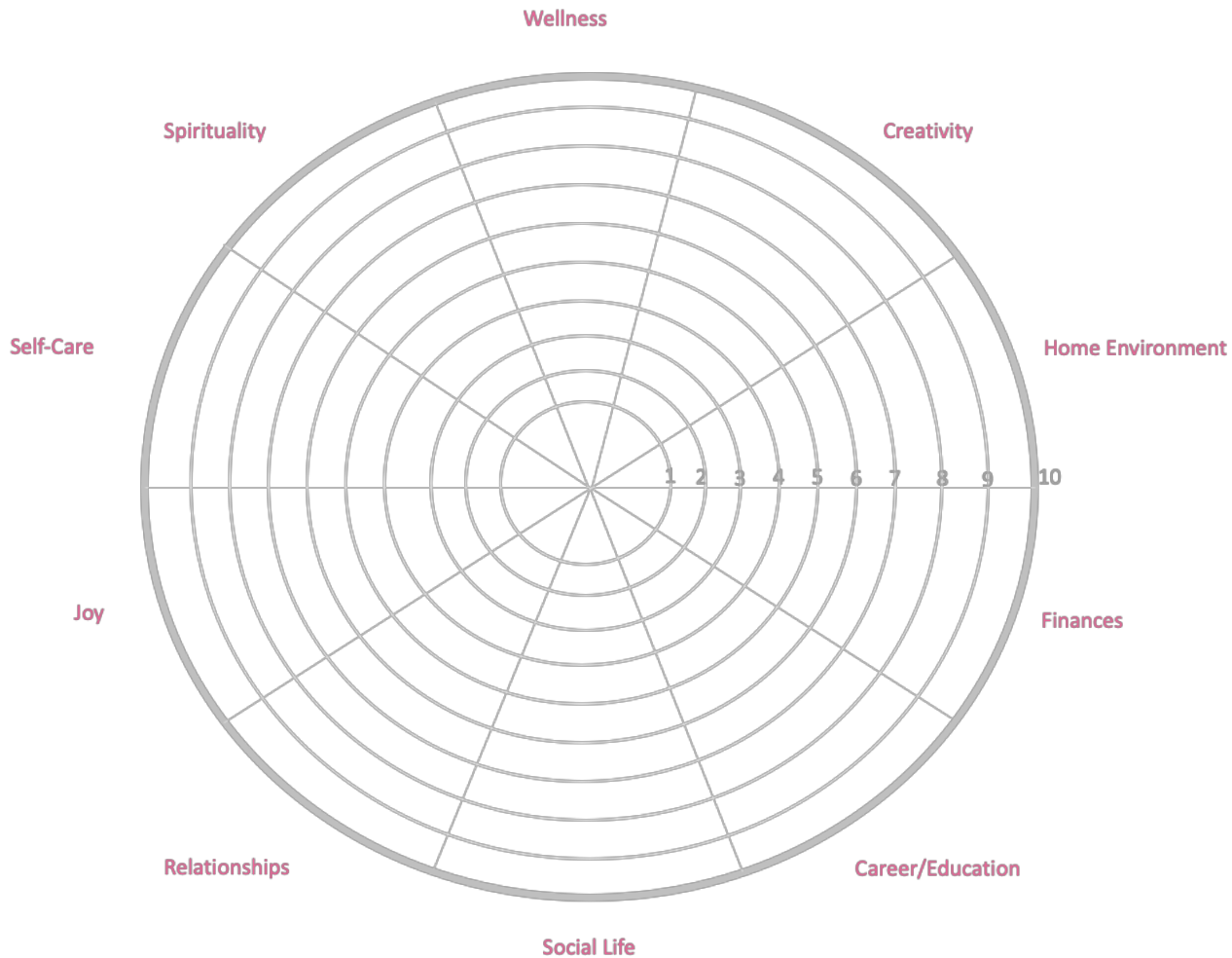


# CIRCLE OF LIFE



## 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. You can place a second dot to indicate your desired level of satisfaction. 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.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

