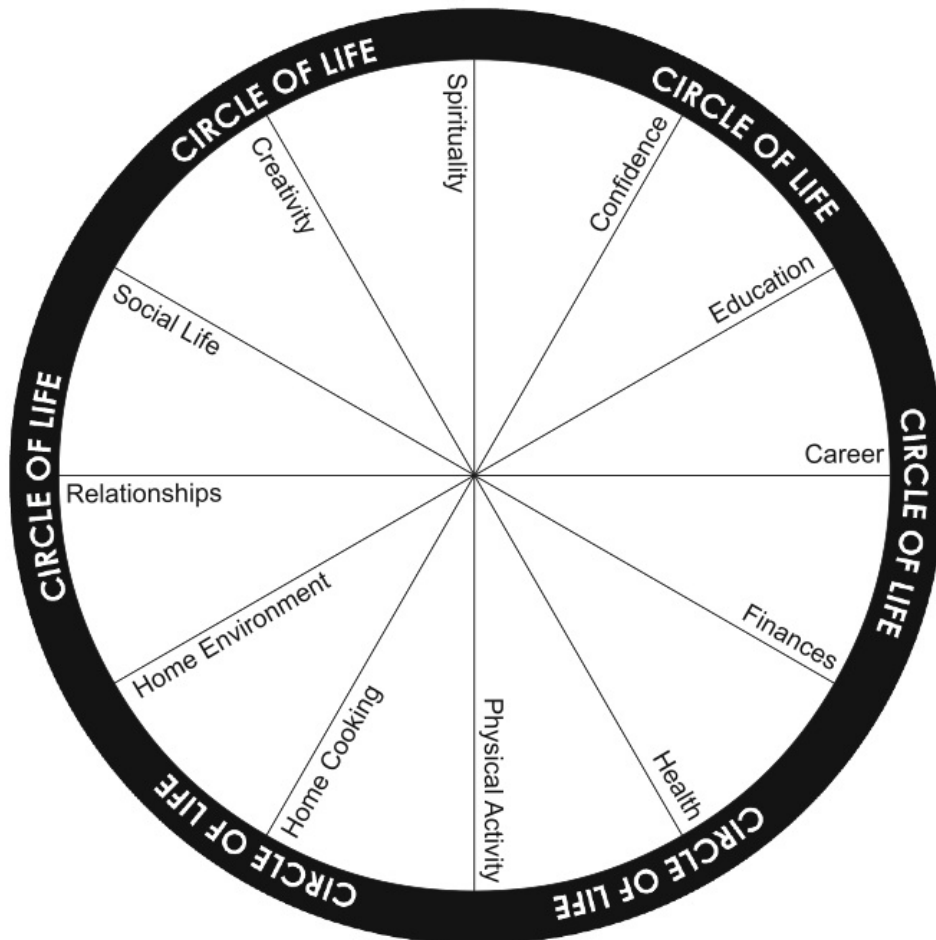


## CIRLCE OF LIFE EXERCISE

Name \_\_\_\_\_

Date \_\_\_\_\_

**Discover which primary foods you are missing, and how to infuse joy and satisfaction into your 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. 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.
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

