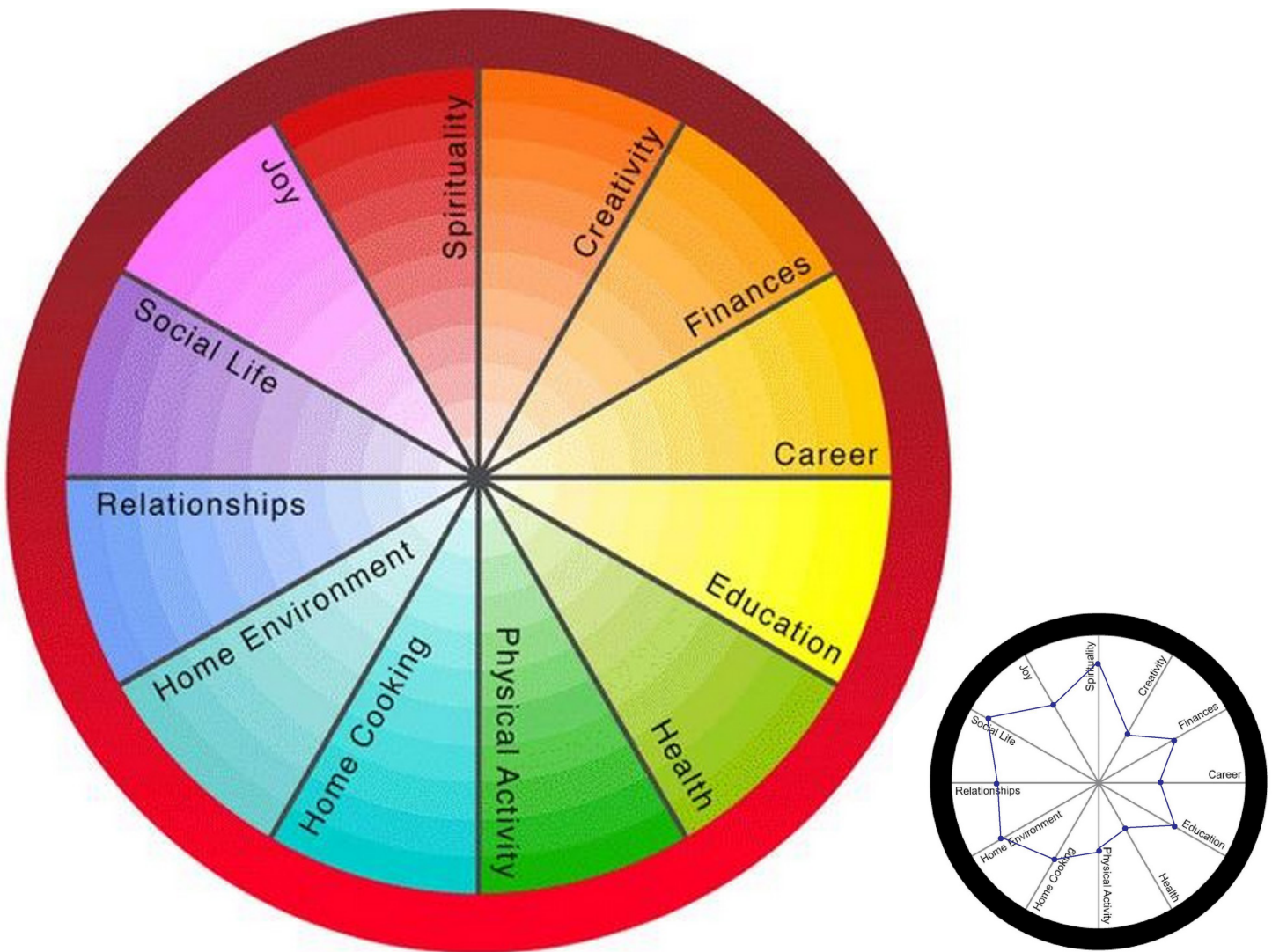


YOUR CIRCLE OF LIFE

This exercise will help you discover and get clear on where the imbalances lie in your life. You should do this exercise at the beginning of the program and again at the end to see all the progress you've made! Remember to keep your vision for your best health in mind while doing this exercise.



What does YOUR life look like?

Place a dot on the line in each category to indicate your level of satisfaction with-in 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).

Connect the dots to see your Circle of Life.

Identify imbalances. Determine where to spend more time and energy to create balance.