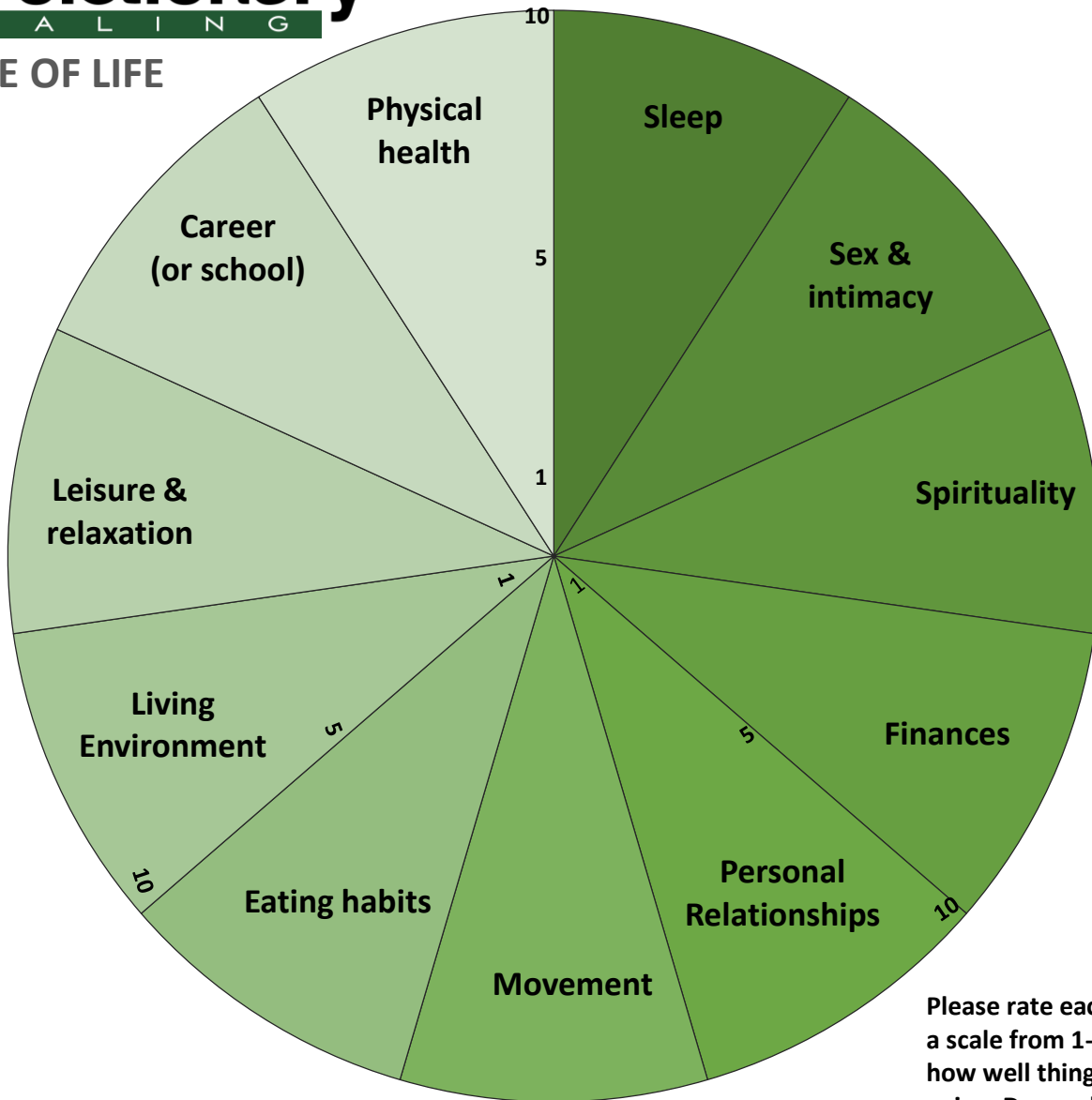


CIRCLE OF LIFE

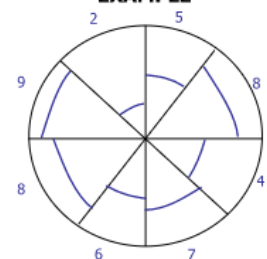


Please rate each area of life on a scale from 1-10 according to how well things are currently going. Draw a line across each life area that reflects your rating.

1 = Not well at all

10= Very well

EXAMPLE



1. What surprised you about your Circle of Life results, if anything?

2. Choose one area you rated as low. Can you recall a time when you felt more aligned in this part of your life? What small change(s) could create more support for yourself in this life area?

3. Choose one area you rated highest in. What are some of the factors that contribute to this being an area you thrive in?