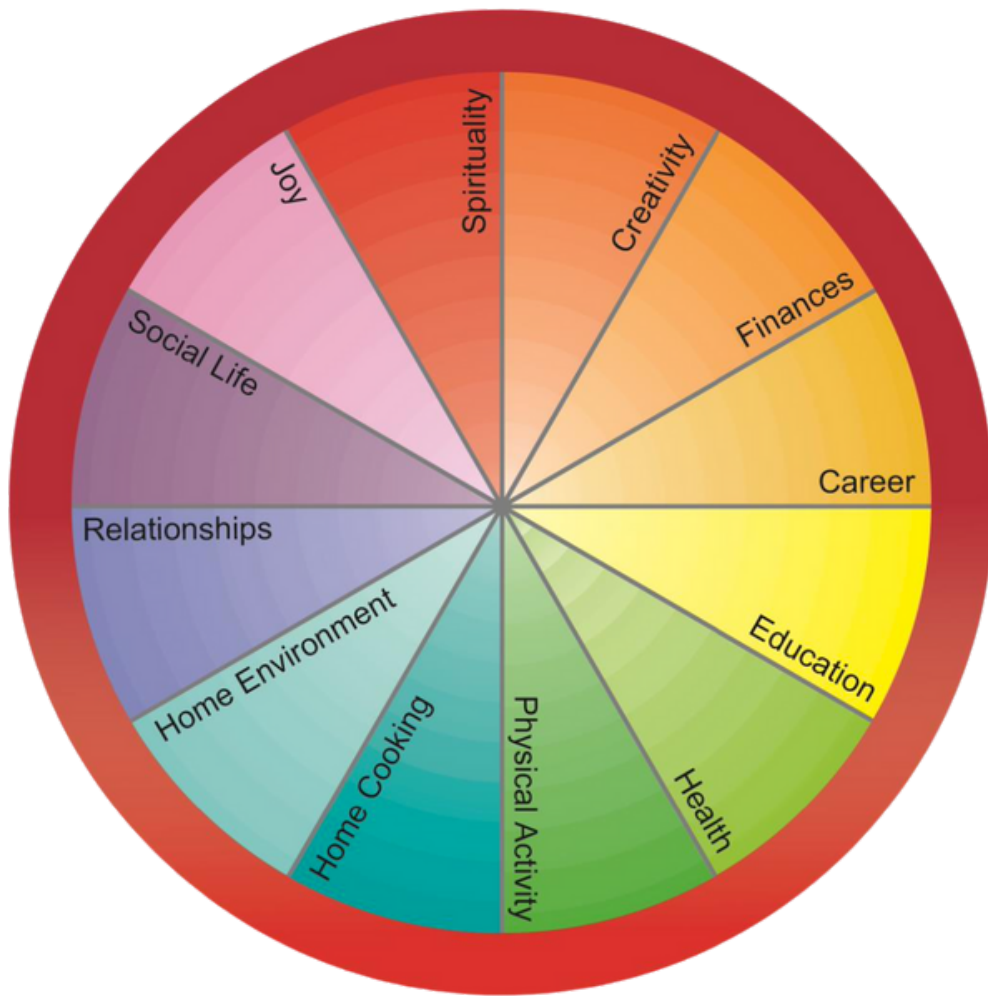




# Circle of Life

Discover which primary foods are lacking attention & how to infuse intentional action & 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. The further towards the outside indicates a greater level of fulfillment & further towards the inside indicates less fulfillment in that area.
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time & energy to create balance.